

# WHEN IN ROMANS



WOODBURY  
LUTHERAN

**July 13, 2025**

So now there is no condemnation for those who belong to Christ Jesus.

-Romans 8:1 NLT

## Reflect

**Be still for a moment. A prayer to start...**Father, open my ears and my heart to your living word.

**Read the full passage in your Bible - Romans 8:1-17 NLT**

What is it from these verses that grabs your heart or sparks curiosity?

Notice how these words sit with you, (Insert your name), there is no condemnation for those (for me) who belong to Christ Jesus?

Living by the Spirit isn't just a one-time decision. It's daily choosing surrender over control. Notice what's stirring in your heart as you ponder this.

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## Pray

Turn to God and use the previous question as a springboard for prayer. What might God want to say to you about this? Listen carefully.

“Those who are controlled by the Holy Spirit think about things that please the Spirit.” Invite God to continue to transform you...that this would be more and more true of you.

As you soak in this scripture, what do you want to praise God for (who he is) and thank God for (what he's done)? Go ahead and do that.

## Live It Out

### 1. Trade Condemnation for Confidence

Start each day by declaring Romans 8:1 out loud:

*“There is no condemnation for me—I belong to Christ.”*

(Bonus....memorize Romans 8:1 this week)

### 2. Follow the Spirit's Lead

Before your day starts, pray: *“Holy Spirit, lead my thoughts, words, and choices today.”*

### 3. Live Like a Loved Child of God

You're not just forgiven—you're family. Remember... and let that change how you show up. Walk with holy confidence, speak with grace, and love without fear.