

# Ironman

## Romans 8:1-11

*“And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God.” - Romans 8:10 (NLT)*

---

**Main Point: We have freedom when we are in Christ Jesus.**

**Introduction:** Use the following questions to introduce the topic of discussion -

How would you describe freedom?

If you were released from captivity as a hostage, what would you do during your first week of freedom?

---

*In Paul's writing to the Romans he understood the hold of sin and guilt on the people. The gods of the Empire were no help in overcoming the power of sin in their lives, and that was only if they were willing to admit they were sinful! But some were searching for freedom from the slavery of sin and that is why this text is such good news. It points us to victory over these weaknesses by the power of Christ in us. By clothing ourselves in Christ we are no longer condemned and are free to live in the Spirit now.*

---

Being in Christ gives us:

**FREEDOM FROM JUDGEMENT. HAVE A VOLUNTEER READ ROMANS 8:1-4.**

---

How would you define condemnation, and what does it have to do with a person's relationship with God? Why is there no condemnation for people in Christ Jesus?

How does the truth of verses 1-2 impact your life both today and for eternity?

Verse 2 compares the “law of the spirit of life” with the “law of sin and death.” What characterizes each of these?

What “law” is Paul referring to in verse 3, and what are its requirements? How did God arrange for meeting the law's requirement related to our sin?

**FREEDOM OF THE MIND. HAVE A VOLUNTEER READ ROMANS 8:5-7.**

---

What does the mind of one dominated by the sinful nature think on? What about a mind controlled by the Spirit?

What are the benefits/consequences of living in the Spirit/sinful nature? How does this play out in your life today, not just eternally?

What does Paul mean when he says the sinful nature is “hostile” toward God? When has your mind held hostility towards the Lord? Explain.

Read a parallel passage in **Galatians 5:19-25**. What is the difference between a moral person, or even religious person, and a person who is spiritually alive in Christ?

### **FREEDOM FROM THE BODY. HAVE A VOLUNTEER READ ROMANS 8:9-11.**

---

What have you found to be true about your body and its struggle against time? How do these verses relieve us of some anxiety or fear when it comes to our deterioration?

**1 Cor. 3:16** says all who “believe Him who sent Me has eternal life and will not come under judgement but has passed from death to life.” When does that life start and who gives it?

How does the Spirit help us fight our battles in this life? Give an example.

---

### **APPLY IT:**

As a Christian we are called to life under the law of the Spirit. In what ways are we tempted to live under the law of sin and death even after we become Christians? How does that play out in our lives?

Think of a challenging circumstance you’ll be facing soon. How will you handle the situation if you are fully aware of the Spirit’s guidance in your life? How might **Jeremiah 31:33-34** encourage you?

**Interesting fact:** The Spirit, who was mentioned only once in chaps. 1–7 (cf. 1:4), is referred to nearly 20 times in chap. 8. He frees us from sin and death (vv. 2, 3); enables us to fulfill God’s law (v. 4); changes our nature and grants us strength for victory over our unredeemed flesh (vv. 5–13); confirms our adoption as God’s children (vv. 14–16); and guarantees our ultimate glory (vv. 17–30).

### **Pray:**

Give thanks to God for the freedom he provides from sin and condemnation through His Son Jesus. Thank Him for the Spirit that indwells all believers to live fully and freely in Christ. Pray for a continual renewing of your mind that you would not fall into temptation but be empowered by the Spirit to live in the Spirit, not the flesh.

---

### **Coming up @ VillageChurch:**

**Series: “At the Movies”** starting July 16th-Aug 6th. Invite your friends and neighbors!

July 30: Mission Impossible      Aug 6: Hacksaw Ridge

**Discovery Class:** August 27th after 10am worship. RVSP [info@blythewoodvillage.com](mailto:info@blythewoodvillage.com)