

November 2nd, 2025

No Condemnation
Romans 8:1-17

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
Romans 8:1-2 (NIV)

OVERVIEW

- A new freedom. Rom 8:1-4
- A new mindset 8:5-8

Living by the flesh

Living with your mind and desires centered on yourself—your wants, your pride, your security—rather than on God. It means letting sinful impulses, worldly values, and self-reliance guide your decisions and shape your priorities.

Living by the Spirit

Living with your mind and desires shaped by God's Spirit—trusting His guidance, relying on His power, and aiming to please Him. It means letting the Spirit's truth and love steer your actions, priorities, and relationships.

- A new presence 8:9-11

The Holy Spirit is God's personal presence with us. He is not an impersonal force or just a feeling, but the third Person of the Trinity—fully God, along with the Father and the Son. The Holy Spirit makes God's love real in our hearts, guides us into truth, gives us power to live like Jesus, and produces God's character in us.

- A new obligation 8:12-13
- A new identity 8:14-17

There is no condemnation for those in Christ. The gospel not only changes our eternity, but through the Spirit, we are free to _____ and _____ differently.

1. Preach the gospel to _____. Luke 15:20

2. _____ on the gospel. John 15:5; Rom 12:2

TALK IT OVER

Because we believe that the sharing of our ideas and beliefs enhances our spiritual growth in ways teaching alone cannot, we encourage you to join a small group at Sunridge and discuss some of the following questions.

What stood out most from this message, and why?

Read Romans 8:1–4.

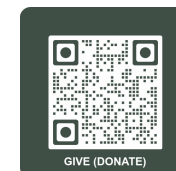
Why do you think it's so hard for many Christians to believe there is truly “no condemnation” in Christ? What “lingering effects” of guilt or shame have you seen in yourself or others?

In the sermon, we defined living by the flesh vs. living by the Spirit. Which mindset tends to guide your thinking most often, and what helps you shift toward a Spirit-led mindset?

Paul says we have an “obligation” (v.12) — not to the flesh, but to live according to the Spirit. What might that obligation look like in your everyday life this week?

The message encouraged us to “preach the gospel to yourself.” What is one short gospel truth you could remind yourself of daily? How could this shape the way you respond to stress, failure, or criticism?

“Obsessing on the gospel” means saturating your mind in God's truth until it shapes your instincts. What's one practical rhythm you could adopt (morning, midday, or evening) to keep God's truth in front of you consistently?



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