



“Freedom!”

(Romans 8:1-11)

Reading and Study Guide for the week
of April 14-20, 2024

Memory verse: *“If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”* (Romans 10:9)

This week, read and study Romans 8:1-11. Some questions to answer and think about this week with your family or Community Group:

1. If you were released from a long captivity as a hostage, what would you do during your first week of freedom?
2. What is the status of a person who trusts in Jesus Christ? (8:1)
3. How is a person set free from the law of sin and death? (8:2)
4. What did God do that the Law was powerless to do? (8:3–5)
5. What is the difference between those who live according to their sinful nature and those who live according to the Spirit? (8:5–8)
6. How can a person know if he or she is controlled by the sinful nature or by the Spirit? (8:9)
7. What promise is given to people living in the Spirit? (8:11)
8. What feelings of condemnation and rejection may Christians feel?
9. In what ways does knowing Christ set us free?
10. How does living for Christ change the desires of our heart?
11. What have you seen the Spirit of God do in a person’s life?
12. What area of your life do you need to turn over to God’s mighty power? How will you?

Life Application Bible Notes

8:1 “Not guilty; let him go free.” What would those words mean to you if you were on death row? The fact is that the whole human race *is* on death row, justly condemned for repeatedly breaking God’s holy law. Without Jesus we would have no hope at all. But thank God! He has declared us not guilty and has offered us freedom from sin and power to do his will.

8:2 This life-giving Spirit is the Holy Spirit. He was present at the creation of the world (Genesis 1:2), and he is the power behind the rebirth of every Christian. He gives us the power we need to live the Christian life. For more about the Holy Spirit, read the notes on John 3:6; Acts 1:3; 1:4, 5; 1:5.

8:3 Jesus gave himself as a sacrifice for our sins. In Old Testament times, animal sacrifices were continually offered at the Temple. The sacrifices showed the Israelites the seriousness of sin: Blood had to be shed before sins could be pardoned (see Leviticus 17:11). But the blood of animals could not really remove sins (Hebrews 10:4). The sacrifices could only point to Jesus' sacrifice, which paid the penalty for all sins.

8:5, 6 Paul divides people into two categories: those who are dominated by their sinful nature, and those who are controlled by the Holy Spirit. All of us would be in the first category if Jesus hadn't offered us a way out. Once we have said yes to Jesus, we will want to continue following him, because his way brings life and peace. Daily we must consciously choose to center our life on God. Use the Bible to discover God's guidelines, and then follow them. In every perplexing situation, ask yourself, What would Jesus want me to do? When the Holy Spirit points out what is right, do it eagerly. For more on our sinful nature versus our new life in Christ, see 6:6–8; Ephesians 4:22–24; Colossians 3:3–15.

8:9 Have you ever worried about whether or not you really are a Christian? A Christian is anyone who has the Spirit of God living in him or her. If you have sincerely trusted Christ for your salvation and acknowledged him as Lord, then the Holy Spirit lives within you and you are a Christian. You can be assured that you have the Holy Spirit because Jesus promised that he would send him. Since you now believe that Jesus Christ is God's Son and that eternal life comes through him (1 John 5:5), you will begin to act as Christ directs (Romans 8:5; Galatians 5:22, 23); you will find help in your daily problems and in your praying (Romans 8:26, 27); you will be empowered to serve God and do his will (Acts 1:8; Romans 12:6ff); and you will become part of God's plan to build up his church (Ephesians 4:12, 13).

8:11 The Holy Spirit is God's promise or guarantee of eternal life for those who believe in him. The Spirit is within us now by faith, and by faith we are certain to live with Christ forever. See Romans 8:23; 1 Corinthians 6:14; 2 Corinthians 4:14; 1 Thessalonians 4:14.¹



Romans Study Guide questions and notes are from

¹ [Life Application Bible Notes](#) (Tyndale, 2007), 1907–1908.