

#GR8

Romans 8

THIS BOOK BELONGS TO



INTRODUCTION

LifePoint Family,

This book is designed to serve alongside our Spring 2020 sermon series. This spring we will be walking through Romans 8.

Romans is deep and rich theologically. However, theology is about much more than just information; it's also about transformation. We're transformed through the renewing of our minds (Romans 12:2). As we see and behold the robust truths of God, it draws our hearts in worship to the beauty of God.

The hope for this book is that it could be used individually or in small groups the week prior to the correlating message. Therefore, this guide isn't designed to be sermon discussion. Instead, it's designed to be sermon preparation.

As always, the goal for this study (or any study) isn't increased Bible knowledge for that end alone. The goal is that we might know and experience the God of the Bible in increasing ways as He transforms us through His Word.

Here are some important need-to-know's.

THREE TYPES OF QUESTIONS

Throughout this book, you'll find three different questions that seek to engage the learning process. These three questions are woven throughout each section.

What does it say? (Comprehension)

What does it mean? (Interpretation)

How does it change me? (Application)

FORMAT

Each section is set up the same way. There's a prayer focus and prompt followed by reading the text. This is followed by discussion questions and an "absorb it" section. The "absorb it" section changes weekly, but the goal is to engage a different part of the learning process to help us think about what we've learned in a different way.

LIFEGROUPS

This book is meant to assist you in leading your group through Romans 8 this spring. Some of the best learning happens in the context of community. We've been praying that this guide will help you lead your group to greater relational depth with both God and each other.

Group Goals:

- Pray together
- Read Scripture together
- Think critically and dialog together
- Apply the text together
- Share about what God is doing in each others' lives

Please use this book as a guide, not being so strict as to answer every question and do every activity every week. Our hope is that there is more content than you would be able to handle. Our hope is that this guide will encourage discussion and participation among group members.



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RECOMMENDED RESOURCES FOR FURTHER STUDY

BOOKS:

**Supernatural Living for Natural People:
The Life-giving Message of Romans 8** | *Ray Ortlund, Jr.*

Romans 8-16 for You | *Timothy Keller*

FREE ONLINE RESOURCES:

The Greatest Chapter

by *John Piper* | Video Series

<https://www.desiringgod.org/series/the-greatest-chapter/labs>

**Taking a verse or two at a time, this series unfolds the other-worldly realities of the thirty-nine verses in Romans 8.*

Study Guide for Romans 8

by *David Guzik* | Blue Letter Bible

https://www.blueletterbible.org/Comm/guzik_david/Study-Guide2017-Rom/Rom-8.cfm

**This resource walks through the layout of Romans 8 and provides commentary, cross-references, and word studies.*

Romans 8 - A New and Wonderful Life in the Spirit

Enduring Word

<https://enduringword.com/bible-commentary/romans-8/>

**This resource walks through the layout of Romans 8 and provides commentary, cross-references, and word studies.*

Christians Apologetics & Research Ministry

Free Online Bible Dictionary | www.carm.org

**This resource has helpful articles, definitions, and cross-references.*

Bible Hub | <https://biblehub.com/>

**Bible Hub is a free online resource that has multiple translations, Strong's Lexicon, commentary, etc.*

Got Questions | <https://www.gotquestions.org/>

**This resource has helpful articles, definitions, and answers to many questions.*

OVERVIEW OF ROMANS

WHO - Apostle Paul

TO WHOM - Christians - both Jews & Gentiles - living in Rome.

WHEN - Paul wrote this letter while in Corinth during the winter of 58 AD. Christian persecution was on the rise in the Empire.

WHY - Paul loves the church there and longs to see them, but he hasn't been able to visit (1:11-13). He writes to encourage them in the faith, but also because he wants to raise support for a missionary journey to Spain (1:13; 15:24-28).

As you read this deeply theological book, keep in mind that it's all about God's mission - growing already believers and spurring on His mission.

- 1:1-17** The righteousness of God revealed in the Gospel
- 1:18-3:20** The righteous wrath of God against all ungodliness
- 3:21-4:25** The saving righteousness of God through faith in Christ
- 5:1-7:25** Faith in God's righteousness gives us unfailing hope
- 8:1-39** Abundant life because of God's righteousness
- 9:1-11:36** God's righteousness extended to Jews and Gentiles
- 12:1-16:27** Transformed lives is the fruit of hoping in God's righteousness

WEEK ONE

GET OUT OF JAIL FREE

PRAY ABOUT IT: It's important to always approach God's Word in prayer. Pray that He would give you fresh understanding and insight into what He would want to say to you.

READ IT: Romans 8:1-4

¹ There is therefore now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. ³ For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

3. Define condemnation (use a dictionary if necessary).
What's the opposite of condemnation?

4. What does it mean that there is no condemnation for those in Jesus? (**8:1**) When do you tend to feel or think of yourself as condemned?

5. Cross-reference to **Romans 5:1**. How do these two verses relate to one another? Right now, in what ways do you need to be reminded that you aren't condemned and are at peace?

6. In **8:3**, "The Law" is referring to the Old Testament Law. What could the Old Testament Law not do for us?

7. Read **8:4** in the New Living Translation. What are the differences between NLT and ESV? How do these differences give this verse deeper meaning?
8. What do you think “the righteous requirement” is in **8:4**?
9. How is it good news that Jesus did for you what you could never do for yourself?
10. Are you ever tempted to ignore the good news of **8:3-4** and start thinking you can earn salvation? If so, how have you fallen into that trap?
11. According to these four verses, name the three things that are true for those “in Christ Jesus.”

ABSORB IT:

In an epistle, repeated words or concepts help us understand what the writer is trying to emphasize. In this passage, there are numerous repeated words. Count how many times each word is used, and then draw a symbol representing it.

For example:
Condemn - 2 times



Christ/Spirit/God - _____ times

Law - _____ times

Life/live - _____ times

Sin/death - _____ times

Flesh - _____ times

SERMON NOTES

Sunday, February 16, 2020

WEEK TWO

WALK THIS WAY

RECAP OF 8:1-4: Last week we saw that those in Christ are free. When you belong to Christ, you get to stand under the banner “No Condemnation.”

PRAY ABOUT IT: Hebrews 4:12 says, “The word of God is living and active, sharper than any two-edged sword, piercing the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”

Pray that the Spirit of God would make your reading and discussion living and active as He shapes and molds you.

READ IT: Romans 8:5-8

⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot. ⁸ Those who are in the flesh cannot please God.

JUST A FLESH WOUND?

The Greek word for “flesh” is *sarx*, a term that can often in Scripture refer to the physical body. However, it also is used as a spiritual term. According to The Greek-English Lexicon of the New Testament: “the physical body as a functioning entity; in Paul’s thought, esp., all parts of the body constitute a totality known as flesh, which is dominated by sin to such a degree that wherever flesh is, all forms of sin are likewise present, and no good thing can live.”

*This excerpt was taken from “What is the Flesh” on GotQuestions.org.
To read more about the flesh, check out this article.*

4. In Galatians, Paul describes the works of the flesh and the fruit of the Spirit. **Read Galatians 5:19-24.** How does he describe both of these?

5. **Read 8:5** in several other translations. BibleHub.com is a great resource for viewing multiple translations at the same time. What are practical steps we can take to apply this verse?

6. What does it mean “to set your mind” on something? Give an example of setting your mind on either the flesh or the Spirit (or both).

7. After looking at these verses, what is something that you’ve never thought of before or takes on new meaning?

8. As you go home, take time to reflect on the conversation you’ve had about this passage. Is there anything of which you’ve been convicted? Encouraged? Challenged?

ABSORB IT:

Write out a brief prayer asking God to help you live according to the Spirit. Be specific where you can be.

- Adoration - God, you are -

- Confessions - God, I am sorry for -

- Thanksgiving - God, thank you for -

- Supplication - God, I am asking you for -

SERMON NOTES

Sunday, February 23, 2020

WEEK THREE

WE'VE GOT (THE) SPIRIT. YES, WE DO.

RECAP 8:5-8: Last week we saw that those in Christ have life. When we set our minds on things of the Spirit, we find life.

PRAY ABOUT IT: When we read God's Word, we aren't alone. God's Spirit stirs our hearts, illuminates our minds, and redirects our lives - all for the glory of Christ (**John 16:14**). Pray that God would meet you as you think and reflect upon this passage.

READ IT: Romans 8:9-13

⁹You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you. ¹²So then,

4. Look up “righteousness” in a dictionary. What does it mean?

5. How does righteousness through the Spirit of Christ allow us to experience abundant spiritual life? **Refer to Romans 6:17-18.**

6. In **8:11**, it says the Spirit gives life to us. Jesus said in **John 10:10b**, “I came that you may have life and have it abundantly.” How have you seen this transformation in your life?

7. **Read 1 Peter 3:18.** What happens to our “flesh” when the Holy Spirit comes to dwell in us at the time of our salvation?

8. Read **8:12** in at least three other translations. How would you word this in everyday conversation?

9. What's the difference between passivity toward sin and putting it to death? How can you be actively engaged in putting sin to death?

10. If we are no longer "slaves to sin" because of God's Spirit that lives within us, why do you think that we still struggle with the tendency to sin? **Read Romans 7:15-25.**

ABSORB IT:

Circle every time the word "dwell" is used in the passage. What images come to mind with the word "dwell"? What's the difference between a dwelling and temporary housing?

SERMON NOTES

Sunday, March 1, 2020

WEEK FOUR

DADDY'S BOY. DADDY'S GIRL.

RECAP 8:9-13: Last week we saw that those in Christ have the Spirit. The same Spirit that raised Christ from the dead is at work in us.

PRAY ABOUT IT: Hebrews 10:24-25 encourages us to stir up one another to love and good works by encouraging one another. Before thinking about our adoption into the family of God, give thanks for the community God has called you to.

READ IT: Romans 8:14-17

¹⁴For all who are led by the Spirit of God are sons of God. ¹⁵For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" ¹⁶The Spirit himself bears witness with our spirit that we are children of God, ¹⁷and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

DISCUSS IT:

1. What stands out to you from this passage?

2. Circle all of the words that refer to family in the passage. How does Paul describe the identity of believers?

DID YOU KNOW?

Nearly half of Rome's population was made up of slaves. It's likely that the Roman church had more slaves than free people. Paul's audience would have been readily familiar with the difference between those who were slaves and those who were sons.

3. Compare and contrast slavery with adoption. What is the difference between relating to God as "Father" instead of just "Master"? What about from God's perspective?

4. **Read Psalm 103:6-14.** What does this song tell us about the kind of father God is?

5. What does it mean to “bear witness”? How do you think the Spirit does this?

6. Look up the definition of “heir”. Have you ever been an heir? What does it mean to be an heir of God?

7. What do you think it means to suffer with Christ? **(8:17)**
Look this verse up in the NIV to help you answer.

ABSORB IT:

Three times in the book of Acts, Paul shares his testimony. The story of God bringing people into His family is the story of adoption. Have a couple people share their testimonies of coming to faith in Christ.

SERMON NOTES

Sunday, March 8, 2020

WEEK FIVE

HOPE FLOATS

RECAP 8:14-17: Last week we saw that those in Christ are children of God. Because of Christ's work, you can have the intimacy of relationship with God like a child who says, "Daddy."

PRAY ABOUT IT: It is essential to always approach God's Word in prayer. Pray that He would give you fresh understanding and insight into what He would want to say to you.

READ IT: Romans 8:18-25

¹⁸For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ¹⁹For the creation waits with eager longing for the revealing of the sons of God. ²⁰For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope ²¹that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. ²²For we know that the whole creation has been

4. Paul uses the analogy of childbirth to describe the period of waiting for restoration. What does this tell you about the waiting? (8:22)

5. What words and phrases does Paul use to describe our waiting time?

6. Why is it hard to wait? What comfort do we have in our time of waiting?

FRUITY PEBBLES (OF TRUTH)

In the Old Testament, Firstfruits was a festival where the Israelites would sacrificially give a portion of their first harvest (firstfruits) as a way of demonstrating that God was bringing a larger harvest. It was a small, visual picture of even more to come.

In the New Testament, firstfruits language is used symbolically for the work God is doing. For instance, in 1 Corinthians 15:20, the Apostle Paul says, "Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep."

7. What do you think it means to have the firstfruits of the Spirit? (**8:23**)

8. Circle the word hope every time it appears in the text. How many times does it appear? Why do you think this is important?

9. Read this passage in the New Living Translation. What stands out to you in this wording?

ABSORB IT:

Take a few minutes and write **8:18-25** out in your own words. How does rewriting this verse in your own words bring new understanding?

SERMON NOTES

Sunday, March 15, 2020

WEEK SIX

CH-CH-CH-CH-CHANGES

RECAP 8:18-25: Last week we saw that those in Christ have hope. What we currently see isn't final. God is making all things new.

PRAY ABOUT IT: 1 Peter 2 promises that followers of Jesus are like living stones that are being built up as a spiritual house. God's promise to you is that through His Spirit, He is at work transforming you.

Pray that God would use this week's passage and discussion to show you how you can be more like Him.

READ IT: Romans 8:26-30

²⁶ Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. ²⁷ And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. ²⁸ And we know that for those who love God all things work together for good, for those who are called according to

4. Circle the word "Spirit" every time it appears. Put into your own words what this text is saying about the Spirit's ministry.

5. It's comforting to know that even the Apostle Paul struggled with knowing what to pray. When have you related to that?

6. Given its context, what does **8:28** mean? Is there a difference between earthly good and spiritual good? How might this passage be misinterpreted?

7. Give an example of a time when something didn't seem all that good. If you've been able to eventually see the good, share.

GOD'S SOVEREIGNTY & HUMAN RESPONSIBILITY

The concept of "predestination" has been debated for centuries. It's important to keep in mind the tension between God's sovereignty & our responsibility - both are true. We land in one ditch when we become fatalistic and view humanity as little more than robots with no accountability for our actions. But we end up in a different ditch if we only view God as passively watching history unfold.

Scripture would affirm that God is sovereign over everything that happens (Col. 1:17; Psalm 24:1-2; Psalm 135:6). At the same time, humanity is held responsible for the very real decisions we make (Rom. 6:23; Rom. 10:9; Josh. 24:14-15). In fact, numerous places affirm both God's work and our decisions in the very same passages (Phil. 2:12; Acts 2:23; Isaiah 10:5).

If you're interested in exploring this issue more, check out - <https://www.desiringgod.org/labs/predestined-called-justified-glorified>

8. How would it have comforted Paul's audience, a group that knew slavery well and were living under Roman oppression and persecution, to know that God had chosen them?

9. **Read 8:29.** Those who belong to Christ are being conformed to the image of Jesus. What does that mean? What are some specific ways that has happened in your life?

10. What pictures or examples can you think of to describe “being conformed”?

ABSORB IT:

Look up and listen to the song “God Undefeatable” by Austin Stone Worship on YouTube. The lyrics to the chorus and bridge are below.

*God undefeatable kingdom unshakeable
in majesty and power You reign
love undeniable matchless and bountiful
to waken us to life You came, yes You came*

*The love of God is greater
than we dare to hope or dream
The hold of God is stronger
than we dare to hope or dream*

How does the truth of this passage and this song lead you to worship and ultimately to become more like Christ?

SERMON NOTES

Sunday, March 29, 2020

WEEK SEVEN

ALL I EVER WANTED

RECAP 8:26-30: Last week we saw that those in Christ can change. God who called us is at work molding us into the image of His Son.

PRAY ABOUT IT: Pray that God gives you eyes to see and ears to hear what He wants to reveal to you this week.

READ IT: Romans 8:31-34

³¹ What then shall we say to these things? If God is for us, who can be against us? ³² He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? ³³ Who shall bring any charge against God's elect? It is God who justifies. ³⁴ Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.

DISCUSS IT:

1. What stands out to you from this passage?
2. Read this passage in the Christian Standard Bible. What words or phrases help give you a broader understanding?
3. In **verse 31**, it says “who could be against us?” Who or what might this be referring to? **Read Ephesians 6:12.**
4. **Romans 8:1** says, “There is no condemnation for those who are in Christ Jesus.” Who is the one who condemns us? **Read Revelation 12:10.**
5. How does this passage compare to the story of Abraham & Isaac in **Genesis 22**? How is it similar? How is it different? (**8:32**)

6. **Read 8:32 again.** Does this mean that God will give us everything we want? Why or why not?

7. Look up the word “justify” in the dictionary. What does it mean to be justified? What does it mean for God to justify us? (**8:33**)

8. Circle all the verbs (action words) in **8:34**. What does this tell us about God and all He has done and is doing?

9. How should the fact that the God of all creation loves you affect the way you live life?

ABSORB IT:

Write out **8:31** on a post it note. Hang it somewhere you can read it this week to be encouraged.

SERMON NOTES

Sunday, April 5, 2020

WEEK EIGHT

ALL YOU NEED IS LOVE

RECAP 8:31-34: It's Easter week! Last week we saw that in Christ you have everything you need. If God's on your side, you have nothing to fear. Ever.

PRAY ABOUT IT: God is consistent and faithful to who He is. **Deuteronomy 7:9** promises that God keeps His covenant of love to a thousand generations for those who love Him and follow Him. Take time thanking God for His consistency, and ask Him to show you His faithfulness to you.

READ ABOUT IT: Romans 8:35-39

³⁵Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ³⁶As it is written,

"For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered."

³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am sure that neither death nor life, nor angels nor

4. Define the word “conquerors”. How can we be “conquerors” if we haven’t really done anything? (**8:37**)

Hint: Think of being on a sports team who just won the championship title, although you never had any play time during the game.

5. Read **8:38-39** in several different translations. What new insight does this give you about the things that can’t separate us from the love of Christ?

6. What is one of your biggest takeaways after studying **Romans 8** the last couple months? In light of Easter, how has this chapter led you to greater understanding of God? Confidence before Him? Worship of Him?

ABSORB IT:

Underline everything in **8:35, 38-39** that cannot separate us from the love of Christ.

SERMON NOTES

Sunday, April 12, 2020