



HIS SPIRIT
LIVES
IN YOU

A STUDY IN ROMANS 8

No Condemnation

Monday, February 28

Read: Romans 8:1-4

Family Discussion: What is condemnation? According to this verse, who is not condemned?

Dig Deeper: *Read Romans 7.* As we begin Romans 8, Paul is beginning to describe the implications of previous arguments. What specifically does the "Therefore..." in Romans 8:1 refer to?

The Spirit Who Gives Life

Tuesday, March 1

Read: Romans 8:1-4

Family Discussion: Who is the Spirit who gives life?

Dig Deeper: *Read 1 Corinthians 15:45 and 2 Corinthians 3:6.* The word "law" in the context of Romans 8:2 does not refer to the Mosaic law, but instead the general concept or "principle". What, then, is the "principle of the Spirit who gives life"?

Weakened by the Flesh

Wednesday, March 2

Read: Romans 8:1-4

Family Discussion: What does "flesh" mean?

Dig Deeper: *Read Romans 7:1 – 8:4.* What was the law powerless to do? How does the flesh weaken the power of the law?

Jesus, the Sin Offering

Thursday, March 3

Read: Romans 8:1-4

Family Discussion: What is a sin offering? How is Jesus a sin offering?

Dig Deeper: *Read Leviticus 16.* What is a sin offering? How is Jesus a sin offering?

The Righteous Requirement

Friday, March 4

Read: Romans 8:1-4

Family Discussion: What is the "righteous requirement of the law"? How is it fully met in us?

Dig Deeper: *Read Romans 3.* What is the "righteous requirement of the law"? How is it fully met in us?

WEEKLY PRAYER FOCUS

Praise God for his power in making a way for salvation.

Confess the many ways in which you do meet the righteous requirements of the law.

Thank Jesus for bearing our sin and making us righteous in the sight of God.

Ask God to help us better recognize our freedom from sin and death.

The Flesh & The Spirit

Monday, March 7

Read: Romans 8:5-8

Family Discussion: What does the flesh desire? What does the Spirit desire?

Dig Deeper: *Read Galatians 5.* What does the flesh desire? What does the Spirit desire?

Death & Life

Tuesday, March 8

Read: Romans 8:5-8

Family Discussion: Why is the mind governed by the flesh death? What does that mean?

Dig Deeper: *Read Deuteronomy 30.* How does one choose life in the context of Deuteronomy 30?

Hostile to God

Wednesday, March 9

Read: Romans 8:5-8

Family Discussion: What does it mean to have your mind governed by the flesh?

Dig Deeper: *Read Romans 1:18-32.* What sequence of events leads a person to do the very things they know deserve death?

Mind Transformation

Thursday, March 10

Read: Romans 8:5-9

Family Discussion: If we want to have life and peace, who must govern our mind?

Dig Deeper: *Read Romans 12:1-2, 2 Corinthians 5:3-5.* What does it look like when a mind is governed by the Spirit?

His Spirit Lives in You

Friday, March 11

Read: Romans 8:9-11

Family Discussion: How do you know that the Spirit of God lives in you? What are the signs?

Dig Deeper: *Read Acts 2.* How is the indwelling of the Holy Spirit we experience today like what the apostles experienced at Pentecost? How is it different?

WEEKLY PRAYER FOCUS

Praise God for his dominion over life and death; peace and hostility.

Confess the ways that your mind is governed by the flesh.

Thank Jesus for indwelling us with his Spirit.

Ask God to help us submit our minds to the Spirit.

Subject to Death

Monday, March 14

Read: Romans 8:9-11

Family Discussion: Why is your body still subject to death?

Dig Deeper: *Read 2 Corinthians 4:7-18.* As you reflect on the spirit of God living within you, what are some concrete examples of how a Christian might look or act different than a non-Christian?

Body Resurrection

Tuesday, March 15

Read: Romans 8:9-11

Family Discussion: Who raised Jesus from the dead?

Dig Deeper: *Read Philippians 3.* What is the power of the resurrection?

Life to Your Body

Wednesday, March 16

Read: Romans 8:9-11

Family Discussion: In what ways does the Spirit give life to our mortal bodies?

Dig Deeper: *Read John 11.* In what ways did Jesus give life to Lazarus's mortal body?

Obligation

Thursday, March 17

Read: Romans 8:9-13

Family Discussion: Why are we obligated to live differently?

Dig Deeper: *Read Romans 6.* What reasons does Paul give here to live differently?

Put to Death

Friday, March 18

Read: Romans 8:12-13

Family Discussion: We know that living different requires the power of the spirit, but what is our role in the process?

Dig Deeper: *Read Colossians 3.* What does "put to death" mean in the context of Colossians 3 and Romans 8?

WEEKLY PRAYER FOCUS

Praise God that he is holy, and that he is mercifully and faithfully working to make us holy.

Confess the "misdeeds of your body" and ask God to help you put them to death.

Thank Jesus for bringing life to our mortal bodies.

Ask God to help us live according to the Spirit.

Adoption to Sonship

Monday, March 21

Read: Romans 8:14-17

Family Discussion: What is the difference between a slave and a son?

Dig Deeper: Read *Galatians 3:26-29* & *1 John 3:1-10*. What are the implications of being a child of God listed in these passages?

Co-Heirs

Tuesday, March 22

Read: Romans 8:14-17

Family Discussion: What are we heirs to? (What is our inheritance?)

Dig Deeper: Read *Ephesians 3:1-13*. Which promises of God are the Gentiles heirs to?

Present Suffering

Wednesday, March 23

Read: Romans 8:17-18

Family Discussion: What is the suffering Paul is talking about?

Dig Deeper: Read *2 Corinthians 4*. What should we do when we find ourselves in a season of suffering?

Future Glory

Thursday, March 24

Read: Romans 8:17-18

Family Discussion: What is the future glory that we look forward to?

Dig Deeper: Read *1 Thessalonians 4:13-18*; *Revelation 21:1-22:5*. Why is the reality of the resurrection of the body, and the new heaven and new earth a comfort to us now?

Creation Waits

Friday, March 25

Read: Romans 8:19-21

Family Discussion: Why is creation in bondage to decay?

Dig Deeper: Read *Genesis 3*. How was the non-human portions of creation affected by the curse? What will be different about creation when the curse is lifted?

WEEKLY PRAYER FOCUS

Praise God that he is our loving Father.

Confess the times you have focused too much on your present suffering.

Thank Jesus for the promise of future glory.

Ask God for his kingdom to come, and his will to be done; on earth, as it is in Heaven.

Already, Not Yet

Monday, March 28

Read: Romans 8:22-24

Family Discussion: What are the firstfruits of the Spirit? What are we waiting for?

Dig Deeper: *Read Romans 5:1-10.* Why does our hope not put us to shame?

Intercession

Tuesday, March 29

Read: Romans 8:26-27

Family Discussion: How does the Spirit intercede on our behalf?

Dig Deeper: *Read Hebrews 7:11-28.* How else does Jesus intercede for us?

In All Things

Wednesday, March 30

Read: Romans 8:28

Family Discussion: What does "good" mean in this verse?

Dig Deeper: *Read James 1:2-17.* How can things that are uncomfortable or undesired be considered "good"?

Foreknew & Predestined

Thursday, March 31

Read: Romans 8:28-30

Family Discussion: Why is it comforting to know that God chooses those who will be saved?

Dig Deeper: *Read Romans 9.* Why is it uncomfortable to know that God chooses those who will be saved?

Conformed

Friday, April 1

Read: Romans 8:28-30

Family Discussion: How does God conform us to be like Jesus?

Dig Deeper: *Read Romans 12.* What does "becoming like Christ" look like?

WEEKLY PRAYER FOCUS

Praise God that he sovereign and merciful.

Confess the times that you worry or fear because you do not trust that God is able to work in all things for our good.

Thank the Spirit for searching our hearts and interceding on our behalf.

Ask God to make you more like Jesus.

Predestined, Called, Justified, Glorified

Monday, April 4

Read: Romans 8:28-30

Family Discussion: Can anyone try to call on the name of the Lord and be denied?

Dig Deeper: *Read 2 Thessalonians 1.* What does it mean to be glorified?

No More Mortal Enemies

Tuesday, April 5

Read: Romans 8:31

Family Discussion: Why does the work of Jesus help us not fear enemies?

Dig Deeper: *Read Revelation 12:1-12.* If Satan's defeat is sure, what else have we to fear?

No More Need

Wednesday, April 6

Read: Romans 8:31-32

Family Discussion: What does "all things" mean here?

Dig Deeper: *Read Ephesians 1:1-14.* What spiritual blessings have we been given in Christ?

No More Guilt

Thursday, April 7

Read: Romans 8:31-33

Family Discussion: Sometimes we feel guilt from "charges" being brought against us. What is the source of those charges?

Dig Deeper: *Read 1 Peter 5:8-10.* What should you do if you are feeling guilty because of accusations of the enemy?

No More Condemnation

Friday, April 8

Read: Romans 8:31-34

Family Discussion: Why do we no longer have to fear condemnation?

Dig Deeper: *Read Romans 8.* For what reasons can Christians rejoice with certainty that they will never be condemned?

WEEKLY PRAYER FOCUS

Praise God that he is the author and perfecter of our salvation.

Confess the times you have let the accusations of the enemy lead you to doubt the gospel.

Thank Jesus for interceding on our behalf!

Ask God to increase your joy by deepening your understanding of the gospel.

No More Separation

Monday, April 11

Read: Romans 8:31-35

Family Discussion: What causes you to fear? How does the love of Jesus comfort you in that fear?

Dig Deeper: Read *Matthew 26:36-46, Mark 14:32-42, Luke 22:39-46*. Read these accounts of Jesus in Gethsemane and reflect: What trials did Jesus face that (*because of Jesus's sacrifice*) we will never have to?

More than Conquerors

Tuesday, April 12

Read: Romans 8:31-37

Family Discussion: What type sufferings do we face today? How does the love of Jesus help us to be "more than conquerors"?

Dig Deeper: Read *Psalms 44*. Why does Paul quote Psalm 44 here in Romans 8?

Neither Death Nor Life

Wednesday, April 13

Read: Romans 8:37-38

Family Discussion: How does Jesus's sacrifice conquer the separation of death?

Dig Deeper: Read *Matthew 27:45-56, Mark 15:21-32, Luke 23:26-49*: Read these accounts of the death of Jesus and reflect: Which aspects of the cross did Jesus face that we will never have to?

Neither Height nor Depth

Thursday, April 14

Read: Romans 8:37-39

Family Discussion: What are some things that make us *feel* like we are separated from the love of Jesus?

Dig Deeper: Read *Matthew 27:57-61, Mark 15:42-47, Luke 23:50-57*. Read these accounts of the burial of Jesus and reflect: Jesus descended into the depths of the earth and was buried in a tomb. His disciples were separated from him...but for the last time. Why is the separation of death so painful to us?

The Love of God, in Christ Jesus

Friday, April 15

Read: Romans 8:37-39

Family Discussion: How does God demonstrate his love for us?

Dig Deeper: Read *John 3:1-20*. Compare and contrast Jesus's conversation with Nicodemus with Paul's argument in Romans 8.

WEEKLY PRAYER FOCUS

Praise God that he is loving!

Confess the times you have given into fear.

Thank Jesus for dying on the cross so that we would never be separated from the love of God.

Ask God to help us be "more than conquerors" through him.

Family Discussion Cheat Sheet

February 28: Condemnation is the act of declaring something wrong, evil or guilty. Earlier in Romans, Paul argues that all people have broken God's laws, and there for everyone is condemned to die. But because of Jesus, those who are in Christ Jesus are no longer condemned.

March 1: The Spirit who gives life is the Holy Spirit. There is one God, and three persons: the Father, the Son, and the Holy Spirit. Those who believe in Jesus have the Holy Spirit living inside of them.

March 2: Flesh can just mean our physical bodies, but in these verses, it refers to the sinful nature. Without Jesus, we would be slaves to sin and only love and worship other gods besides the true God. After we are saved, our hearts are changed but our *flesh* is the part of us that still wants to disobey God.

March 3: In the Old Testament, the people of God would kill an animal as a special offering to pay for their sin. Unless an animal was killed and offered to God in a specific way, God would not forgive them. Jesus is the Lamb of God that takes away the sin of the world. Instead of an animal dying for us, God himself sent his Son to die on the cross and take the punishment we deserved.

March 4: Jesus sums up the law this way: "to love the Lord, our God, with all our hearts, with all our souls, and with all our might, and to love our neighbor as yourself." All of us have broken God's law and deserve punishment. Everyone has failed to love God and neighbor perfectly through life – except Jesus. Jesus lived a perfect life and then took our punishment and died on the cross. Our guilt was placed on his account, and his righteousness was placed on our account. The righteous requirement of the law is fully met in us because Jesus met it, and now his Spirit lives in us.

March 7: The flesh desires anything and everything *but* God. Even good things, like friends, food, comfort, and possessions, can be idolatrous when we love it more than we love God. The Spirit desires that we find our full and complete satisfaction in God alone.

March 8: Even though the actions of disobedience are harmful, the flesh continues to pursue them. When the flesh gets its own way, it will bring us deeper and deeper into sin, and we will be miserable. A life lived for God might be uncomfortable right now, but it is worth it in the end. But a life lived for the flesh is a punishment in this life, and eternity.

March 9: The mind governed by the flesh is a mind that is set on disobeying God – even to its own detriment. Without Christ, it is impossible to obey God. We need his grace to do what is right.

March 10: Instead of being conformed to the pattern of this world, we need to be transformed by the renewing of our minds. We need to take our thoughts and make them obey Jesus. We need the Spirit to govern our minds.

March 11: If the Spirit lives in us, we may not see immediate perfection, but we should see increased victory over sin. We should see the fruits of the Spirit (read Galatians 5 for the list!) in us. We should be acting, thinking, and loving more like Jesus did.

March 14: Your body is still subject to death because we are still living in a fallen world. When Adam and Eve ate the forbidden fruit, all of creation was put under a curse. We are all destined to die because of our sin.

March 15: God did.

March 16: The Spirit resurrects our spirits so that we can say “no” to the flesh and withstand temptation. Instead of being dead in our sins, we are alive in Christ. And one day, God will resurrect our physical bodies, too.

March 17: Our obligation to live for God instead of for the flesh comes from our redemption. We were once slaves to sin and were mastered by the flesh. But now, we have been set free and redeemed (bought back) to serve God. He is now our new King, and our allegiance is now to *his* Kingdom, not our own.

March 18: The words “put to death” help us understand that we have an active role in becoming more like Christ. We need the Spirit’s power to do it, but we still participate by taking our disobedient thoughts, actions, and loves, and submitting them to God. We *kill* these parts of our character and put on the fruits of the Spirit.

March 21: A slave works for the Master, but does not inherit the Master’s riches. A *son* is loved by the Master and is an heir to all that the Master has.

March 22: We get it all! We receive every spiritual blessing in Christ, and we are heirs to the promises God made to the children of Abraham.

March 23: Life is full of different kinds of suffering, large and small. Some suffering comes from the curse of sin – like sickness, injury or grief. We can also suffer from the consequences of our own actions, like when the nation of Israel was taken into exile as punishment for their disobedience to God. We can even suffer because we are doing the right thing – like those who were persecuted for their belief in Jesus and martyred.

March 24: We look forward to the resurrection of our bodies, and the establishment of the new Heaven and new Earth!

March 25: Creation is continually in a state of decay because of the curse. After Adam and Eve disobeyed and ate the fruit, God placed all of creation (that is, the world and everything in it) under a curse so that it would experience decay, disruption, and entropy. One day, those in Christ will experience a new creation that will be beautiful, healthy, and untouched by sin.

March 28: The Spirit living in us is a foretaste of the future resurrection we will one day experience. We aren’t completely sinless yet, but we are already free from sin’s bondage. We are waiting for a future in which we will be able to serve God perfectly, without any sin at all. Our bodies will be resurrected and redeemed so that we no longer will be at war with our flesh.

March 29: When we don’t know what to pray for, the Spirit speaks with God for us. We might even just groan or cry – but the Holy Spirit knows us so well, and knows God so well, he is able to pray for us, or even help us find the words to pray. For this reason, you never need to fear that your words are good enough. The Holy Spirit will intercede for you!

March 30: “Good” in this verse means that God works in all things to make us more like Jesus. It might be uncomfortable, it might be undesirable to us – but God uses it to make us conform better to the image of his Son Jesus, and that is for our ultimate good.

March 31: It is good to know and trust that God chooses who will be saved because we need to understand that it does not depend on any good that we have done. Jesus does it *all*. There is nothing we can do or not do that will earn or lose God’s favor.

April 1: God uses all sorts of life circumstances – both blessing and suffering – to change us from the inside out.

April 4: No. If a person even *wants* to be saved, this is evidence that God is already calling them to salvation. Whoever is called to salvation will be justified, and whoever is justified will be glorified. This means that no one can lose their salvation. God does not lose anyone he has in his hand.

April 5: Because Jesus has defeated the ultimate enemies – sin, death, and Satan – there is not one person, force, or power that ought to cause us fear. Even if someone is to kill our bodies, we know that our Spirits are eternally alive in Christ, and one day he will resurrect our bodies.

April 6: We get it all! We are given every spiritual blessing in Christ, eternal life in heaven, bodily resurrection, wisdom for our life here on earth, freedom from sin, and the fruits of the spirit (to name a few!).

April 7: We can let other people make us feel guilty...especially when we seek their approval more than we seek God's. Satan, also, will accuse us, or bring up sin that we have done in the past.

April 8: We need to remember that when we are in Christ, no one can bring a charge against us that will bring ultimate condemnation. God is the one that justifies. The standard was fully satisfied with the death of Jesus, and that decision is final!

April 11: When we remember that Jesus loves us, he is always with us, and he is in control of everything, we have nothing left to fear. Even the worst case scenarios are "ok" to those in Christ, because "to live is Christ, and to die is gain."

April 12: No matter what grief, sadness, oppression, annoyances, or stress we face, we can rest in the knowledge that God is the one that has fought the only really important battle. The victory is already won. When the King has conquered the enemy, we can run behind him in confidence.

April 13: Jesus's resurrection defeated death once and for all. Death no longer means eternal separation for the believer. Instead, it means presence with the Lord.

April 14: If we feel like we are separated from the love of Jesus, it isn't Jesus who has stopped loving us – it is us who are denying or doubting it's presence. When we neglect our relationship with the "Spirit who gives life" it makes sense that we will feel the burden of loneliness and separation. But we don't need to... because nothing can separate us from his love.

April 15: "God demonstrates his own love for us in this: while we were yet sinners, Christ died for us." (Romans 5:8)