

The Book of Romans

LESSON EIGHT

“No Condemnation in Christ”

The declaration of Romans, chapter eight, is probably one of the most encouraging in all of the New Testament. We were once, like all of sinful mankind, under God’s condemnation and wrath. We stood guilty before Him, with sin and rebellion in our hearts. Now, in Christ, we stand before Him justified and without condemnation. The whole of Romans, chapter eight, is one glorious statement of our standing before God in Christ Jesus.

David Guzik states, “**This place of confidence and peace comes after the confusion and conflict that marked Romans 7. Now Paul looks to Jesus and he finds his standing in Him. But this chapter is more than just the answer to Romans 7; it ties together thoughts from the very beginning of the letter. Romans 8 begins with no condemnation; it ends with no separation, and in between there is no defeat.**”

Prayerfully read through all of Romans, chapter eight.

1. Write down Paul’s opening statement of this chapter in **verse 1**.

2. “*Who do not walk according to the flesh, but according to the Spirit...*”
These words are actually not included in the earliest, most ancient manuscripts, and many scholars believe they do not agree with the flow of the rest of the context of this chapter and were probably added by a scribe because of **verse 4**. **The Bible Knowledge Commentary** states that in better Greek manuscripts, this verse ends with “**There is therefore now no condemnation to those who are in Christ Jesus.**” Those who have been united with Christ by His Spirit cannot be condemned, and there is **no condition attached** to this truth. How does this statement minister to your heart today? Share your thoughts.

3. Write down Paul's statements in **verses 2 & 3** below.

4. Jesus did for us what we could never accomplish for ourselves in the flesh. We are free, not because we were able to overcome sin, but because Christ overcame sin for us. How is this truth confirmed to us in the following Scriptures? Write them down below.

2 Corinthians 5:21 -

1 Peter 2:24 -

1 Peter 3:18 -

5. Write down Paul's words in **Romans 8:4**.

6. The **"righteous requirement of the law"** was **death**. That requirement was fulfilled at the cross. That debt was paid. I like the way the **NIV** translates this verse. It says, **"...in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit."** We still occasionally fall into sin, but the sin of our fleshly nature is no longer our lifestyle. Paul explains this further in **verse 5**. Write down that verse below.

7. This is the difference (or should be the difference) in the life we once lived before we came to Christ, and the life we are living now. The kind of mind-set we have is a good litmus test for whether we are walking in the Spirit or in our sinful flesh. What do the following Scriptures say about our mind-set?

2 Corinthians 4:18 -

Colossians 3:1-3 -

8. What does Paul say in **Romans 8:6-8**? Write those verses below.
9. In **verse 6**, Paul once again points out the contrast between our sinful nature and the in-dwelling of God's Spirit within us. The "carnal" mind seeks only to gratify itself. Before we came to Christ, we, by our very sin nature, were in opposition to God. We lived only for ourselves. Now that we are in-dwelt by God's Spirit, we have a new nature that desires to live a life pleasing to God. This new nature was a result of what Christ accomplished for us on the cross, making us a new creation in Him. Look up and record Paul's statement in **2 Corinthians 5:15**.
10. We still battle against sin, but sin no longer has dominion over us. We still have temptations, but we have been set free from sin's stronghold. What does Paul say in **Romans 8:9**?

David Guzik says, “**Because** the Holy Spirit is given to each believer when they are born again, every Christian has within themselves a principle higher and more powerful than the flesh.”

11. Paul states in this verse that, “**if anyone does not have the Spirit of Christ, he is not His.**” Every believer has been given the Holy Spirit. This is why the question often asked of a Christian, “Are you Spirit-filled?” is like asking if water is wet. If a believer is not Spirit-filled, they are not a true believer. Record these verses that confirm this truth.

Romans 5:5 -

1 Corinthians 3:16 -

2 Corinthians 5:5 -

Galatians 4:6 -

Ephesians 1:13 -

12. What does Paul go on to say in **Romans 8:10**?

13. Unless we are still alive at the rapture of the church, this body of ours will still experience the consequences of sin in death. The good news here is that our spirit lives on in eternal life with Christ. This good news does not end there, though. Paul goes on to give us more good news in **verse 11**. Record his words.

14. What do these other verses tell us about this resurrection of our bodies?

1 Corinthians 15:42 & 43 -

1 Corinthians 15:53 & 54 -

2 Corinthians 5:4 -

15. In **Romans 8:12 & 13**, Paul reminds us that we are indebted to the Spirit, not to the flesh. He tells us once again that all the flesh can offer us is death, but when the flesh is under the submission of the Spirit, the promise is life. Record once again the promise of **Romans 6:23**.

16. Read **Romans 8:14-17**. Paul emphasizes that the life God offers to us is only found through the Spirit He has given us. What does **Verse 14** say the **evidence** is that we are children of God?

Matthew Henry states, “**It is the undoubted character of all true believers that they are led by the Spirit of God. Having submitted themselves in believing to his guidance, they do in their obedience follow that guidance, and are sweetly led into all truth and all duty.**”

17. There are a number of ways the Holy Spirit leads us. One way is by the Word of God. We are led by His Word when we are doers of it and not just hearers. Another way is through prayer as we submit our will to Him and listen to His still, small voice. Allowing the Holy Spirit to lead and influence us instead of being led and influenced by our flesh proves that we belong to Christ and are children of God, born into His family.

Sum up some of the things our adoption into God's family has done for us, according to **verses 15-17**. What do these verses tell us we have received by becoming a child of God?

18. We have been given many wonderful promises through Christ. Another promise given to us by Jesus is that in this world we will have tribulation, and Paul was no stranger to suffering. Our own struggles in this life are likely not comparable to the things that Paul suffered, and yet he makes this statement in **verse 18** of our chapter. Write down the verse below.

19. David Guzik states that, **“This coming glory will not only be revealed to us, but it will actually be revealed in us.”** To add to that, Leon Morris says, **“God has put this glory into the believer *right now*. In heaven the glory will simply be revealed. The glory will be *revealed*, not created. The implication is that it is already existent, but not apparent.”** Verse 19 tells us that all of creation also eagerly awaits for this glory to be finally revealed in us. Looking at **verses 20 & 21**, what reason does Paul give for creation to be eagerly awaiting?

20. As Paul continues, what does he say in **verses 22 & 23**?

21. Paul paints a picture for us of the woman who is groaning in childbirth, waiting for that baby to be born. This is a good picture of our own groaning, as well as the groaning of creation. The woman in labor is already a mother of that baby she eagerly waits to hold in her arms. We already are adopted into God's family as His children, but along with all of creation, we eagerly wait for the complete fulfillment of God's promise when even our mortal bodies will be redeemed. What does Paul go on to say in **Romans 8:24 & 25**?

22. David Guzik comments, **“The fulfillment of our redemption is something still distant, yet we hope for it in faith and perseverance, trusting that God is faithful to His word and the promised glory will be a reality.”** What reason does **Hebrews 10:23** give us to persevere?

23. God knows our weaknesses, and Paul points out in the next verses that we often need help so that our hearts don't become discouraged. The Holy Spirit has been given to us to be our Helper. How do **verses 26 & 27** of Romans, chapter 8, describe the help He gives to us?

24. Read through **Romans 8:28-30**. God is the Author of our salvation from beginning to end. Paul describes here the full work of sanctification that ends with glorification. God began the work, is in the middle of the work, and will complete the work He has begun in us. God's work of salvation He began in us will be completed in full. His eyes are on every area and detail of our lives, and even when bad things happen, He works them into His plan for good. Write down the promise of **verse 28**, for those who love God and are called according to His purpose.

As we look at **verse 29**, we see that those God foreknew, He predestined to be conformed to the image of His Son. Foreknowledge is listed here before

predestination. I think this verse makes clear that God did not arbitrarily say “I pick you. I don’t pick you.” He knows us. He knows us intimately. And He knew beforehand those who would become His, by choice. Those, then, who He foreknew would be His, He predestined to be conformed to His Son, and those He predestined He called, those He called, He justified, those He justified He glorified. This is the whole process of salvation that Paul has clearly laid out for us.

25. Looking at the end of **verse 29**, Paul calls Jesus the Firstborn among many brothers, referring to our adoption into the family of God. We are being conformed into His image, adopted into God’s family and made part of the household of God. **The Bible Knowledge Commentary** has this to say, “**The resurrected and glorified Lord Jesus Christ will become the Head of a new race of humanity purified from all contact with sin and prepared to live eternally in His presence. As the ‘Firstborn’ He is in the highest position among others.**” What does Paul say in response to all that God has done, found in **verses 31 & 32**?

The Bible Knowledge Commentary shares these thoughts on these verses, “**Since God gave the greatest Sacrifice of all, His own Son, He will certainly not hesitate to give believers all other things pertaining to and leading to their ultimate sanctification.**”

26. How does **2 Peter 1:3** confirm this? Write down the verse below.

27. Looking now at **Romans 8:33-39**, Paul lays out the reasons we can be completely and undeniably, secure in the love of God. **Summarize** the reasons we can be secure in God’s love from these verses below (*you do not have to write out the whole verse, unless you want to*).

Verse 33 -

Verse 34 -

Verse 35 -

Verse 37 -

Verse 38 -

Verse 39 -

28. What in the precious and glorious truths of this chapter stood out the most to you? Share your thoughts.

This study was written and prepared by Shawn Van Hook, 2026