



A D-GROUP CURRICULUM

# LIVE BY FAITH

FILLED WITH POWER + HOPE

ROMANS CHAPTERS 6-8



# TABLE OF CONTENTS

**HOW TO USE THIS GUIDE** ..... 4

**INTRODUCTION TO ROMANS**..... 5

**RECOMMENDED RESOURCES** .....42

## *LIVE BY FAITH SERIES SCHEDULE*

| <b>WEEK OF</b>    | <b>READ</b>       | <b>SERMON DATE</b> | <b>SCRIPTURE</b>          | <b>PAGE</b> |
|-------------------|-------------------|--------------------|---------------------------|-------------|
| 12/30/24 . . . .  | WEEK 14 . . . . . | 1/5/25 . . . . .   | ROMANS 6:1-14 . . . . .   | 6           |
| 1/6/25 . . . . .  | WEEK 15 . . . . . | 1/12/25 . . . . .  | ROMANS 6:15-7:6 . . . . . | 11          |
| 1/13/25 . . . . . | WEEK 16 . . . . . | 1/19/25 . . . . .  | ROMANS 7:7-25 . . . . .   | 16          |
| 1/20/25 . . . . . | WEEK 17 . . . . . | 1/26/25 . . . . .  | ROMANS 8:1-13 . . . . .   | 21          |
| 1/27/25 . . . . . | WEEK 18 . . . . . | 2/2/25 . . . . .   | ROMANS 8:14-25 . . . . .  | 26          |
| 2/3/25 . . . . .  | WEEK 19 . . . . . | 2/9/25 . . . . .   | ROMANS 8:26-30 . . . . .  | 31          |
| 2/10/25 . . . . . | WEEK 20 . . . . . | 2/16/25 . . . . .  | ROMANS 8:31-39 . . . . .  | 36          |



# HOW TO USE THIS GUIDE

## PURPOSE

The book of Romans is a cornerstone of Christian theology, offering profound insights into faith, salvation, and righteous living. This study guide aims to help you “grow in the grace and knowledge of our Lord and Savior Jesus Christ” (2 Peter 3:18) through an in-depth exploration of Paul’s letter to the Romans. As you engage with this guide, you’ll be equipped to live out your faith more authentically and to share the transformative power of the gospel in your daily life.

## STRUCTURE

This guide is designed for a 7-week study, with each week focusing on a specific passage from Romans. Each week’s study includes:

- 1. Introduction:** Provides context and key themes for the week’s passage.
- 2. Scripture:** The full text of the week’s passage from the ESV translation.
- 3. Daily Personal Study:** Five days of reflection questions to deepen your understanding.
- 4. Daily Prayer:** A focused prayer related to the week’s scripture passage.
- 5. Group Discussion Questions:** Divided into three sections:
  - Know: Reflects on personal experiences related to the passage.
  - Grow: Dives deeper into the text, often incorporating related Scripture.
  - Show: Encourages practical application of the passage’s teachings.

## HOW TO USE THIS GUIDE

### 1. Personal Study

- Read the introduction and Scripture passage at the beginning of each week.
- Engage with the Daily Personal Study questions throughout the week, spending time in prayer and reflection.
- Use the provided space to journal your thoughts, questions, and insights.

### 2. Group Discussion

- Come prepared to share your reflections from your personal study.
- Engage openly and honestly with the Know, Grow, and Show questions.
- Be ready to both share your own insights and learn from others in your group.

### 3. Application

- Pay special attention to the “Show” questions each week, which challenge you to apply the Scripture to your daily life.
- Look for ways to live out the truths you’re learning in your family, workplace, and community.

### 4. Continuous Growth

- As you progress through the study, notice how Paul builds his argument throughout Romans.

- Reflect on how each week's passage contributes to the overall theme of "living by faith."

Remember, the goal of this study is not just to gain knowledge, but to be transformed by God's Word. As you engage with Romans, pray for the Holy Spirit to illuminate the text and guide you in applying its truths to your life.

*"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, 'The righteous shall live by faith.'" — Romans 1:16–17*

## INTRODUCTION TO ROMANS 6–8

Having explored the depths of our sinfulness and the heights of God's justifying grace in chapters 1–5, Paul now leads us into what many consider the summit of Christian living in Romans 6–8. These chapters form the practical heart of Romans, showing us how the Gospel transforms our daily walk with Christ. After establishing that we are saved by grace through faith alone, Paul now unfolds how that same grace transforms our daily lives. These chapters answer the crucial question: If we're saved by grace alone, does it matter how we live? Paul's resounding answer is that God's grace not only saves us (justification) but also empowers us to "walk in newness of life."

These chapters form a powerful progression in Paul's argument — from our identification with Christ's death and resurrection in baptism (Chapter 6), through our ongoing struggle with sin (Chapter 7), to the triumphant life in the Spirit (Chapter 8). For those who struggle with ongoing sin, Paul's vulnerable confession that "I do not do what I want, but I do the very thing I hate" will resonate deeply. Yet this struggle isn't the end of the story. As we'll see, the same grace that justifies us also sanctifies us. Chapter 8 reveals that through the Spirit's power, we are not just forgiven slaves but beloved children of God, "heirs of God and fellow heirs with Christ." This is what it means to truly "live by faith" — not just believing in our justification, but daily trusting the Spirit's power to transform us.

Throughout our study, we'll explore how the Holy Spirit guides and empowers us to follow Jesus as children of God rather than slaves to sin. We'll wrestle with vital questions that every believer faces: How should we respond to God's grace in our daily lives? What does it mean to be "dead to sin but alive to God?" How do we tap into the Spirit's power to overcome our flesh? Whether you're struggling with besetting sin, feeling condemned by past failures, or longing to grow in your relationship with Christ, these chapters contain treasures that will deepen your appreciation of God's grace and strengthen your resolve to live by faith and for His glory.

# WEEK 14: ROMANS 6:1–14

## INTRODUCTION

In Romans 6:1–14, Paul addresses a challenging question that naturally arises from his powerful teaching about God’s abundant grace in chapter 5: If God’s grace increases where sin abounds, should we continue sinning to experience more grace? This question wasn’t just relevant to Paul’s original audience in Rome, who might have been tempted to use grace as a license for sin; it resonates with believers today who struggle to understand the relationship between God’s freely given grace and our call to holy living. Paul’s response is both profound and practical — he reminds us that when we placed our faith in Christ, we were united with Him in both His death and resurrection. This union, symbolized in baptism, means we have died to our old way of life and been raised to walk in “newness of life.” Just as Jesus died because of sin and His resurrection proved His victory over sin’s power, we too are called to consider ourselves “dead to sin but alive to God in Christ Jesus.” This passage challenges us to move beyond viewing grace merely as forgiveness and to embrace it as the transforming power that enables us to live in genuine freedom from sin’s dominion. As we study these verses together, we’ll discover that the path to true joy and abundant life isn’t found in continuing in sin, but in dying to our old self daily and presenting ourselves to God as instruments of righteousness.

## ROMANS 6:1–14 (ESV)

<sup>1</sup> *What shall we say then? Are we to continue in sin that grace may abound?*  
<sup>2</sup> *By no means! How can we who died to sin still live in it?* <sup>3</sup> *Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?* <sup>4</sup> *We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.* <sup>5</sup> *For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.* <sup>6</sup> *We know that our old self[a] was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.* <sup>7</sup> *For one who has died has been set free[b] from sin.* <sup>8</sup> *Now if we have died with Christ, we believe that we will also live with him.* <sup>9</sup> *We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him.* <sup>10</sup> *For the death he died he died to sin, once for all, but the life he lives he lives to God.* <sup>11</sup> *So you also must consider yourselves dead to sin and alive to God in Christ Jesus.* <sup>12</sup> *Let not sin therefore reign in your mortal body, to make you obey its passions.* <sup>13</sup> *Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.* <sup>14</sup> *For sin will have no dominion over you, since you are not under law but under grace.*

## **DAILY PERSONAL STUDY: ROMANS 6:1-14**

### **Day One**

Read Romans 6:1–4 carefully. Paul addresses a critical misunderstanding about grace — that more sin leads to more grace. How does his response about baptism and our death with Christ challenge this thinking? Consider how this connects to the earlier themes in Romans about justification by faith (Romans 3:21–26). Journal about how this truth challenges any areas where you might be casual about sin in your own life.

### **Day Two**

Focus on Romans 6:5–7 and the phrase “united with him.” What does it mean to be united with Christ in both His death and resurrection? Compare this with Colossians 2:12–14 and Galatians 2:20. Reflect on Charles Spurgeon’s words: “The death of Christ was the death of our sins; the resurrection of Christ was the resurrection of our righteousness” (Morning and Evening, March 29). How does this shape your understanding of your identity in Christ?

### **Day Three**

Study Romans 6:8–10, focusing on Christ’s victory over death. Since “death no longer has dominion over him,” what implications does this have for believers? Look back at Romans 5:17–21 about reigning in life through Christ. Consider areas in your life where you might still be living as if sin and death have power over you. What truth from this passage speaks to those areas?

### **Day Four**

Meditate on Romans 6:11–12 and the command to “consider yourselves dead to sin and alive to God.” The word “consider” (or “reckon” in some translations) means to count something as true. John Stott notes, “Our death to sin is a fact to be believed, not an experience to be felt” (Men Made New, p.45). How might this perspective change your approach to battling sin?

### **Day Five**

Examine Romans 6:13–14, paying attention to the imagery of presenting ourselves as instruments. Compare this with Romans 12:1–2 about being a living sacrifice. Consider the promise that “sin will have no dominion over you.” How does this connect to the series theme of being “Filled with Power and Hope?” What practical steps can you take to present yourself to God as an instrument of righteousness today?



## DAILY PRAYER FOR THIS WEEK

Father, thank You that in Christ I have died to sin and been raised to new life. Help me to truly believe and live in light of this reality. Show me where I might still be living under sin's supposed authority, and grant me grace to present myself to You as an instrument of righteousness. May Your Spirit empower me to walk in the freedom Christ has won. In Jesus' name, Amen.

## DISCUSSION QUESTIONS

### KNOW

In Romans 6:1–14, Paul addresses a critical misunderstanding about grace that still challenges believers today. Just as the early church wrestled with the relationship between God's grace and holy living, we too must understand that God's grace doesn't just forgive sin — it transforms us into new creations. Before we dive deeper into this truth, let's reflect on our own experiences with grace and transformation.

- What's something in your life that you had to “die to” or give up in order to experience something better? (This could be a habit, relationship, career change, etc.)
- In what ways do we live our life as if sin still had dominion over us? In what ways do we live like we are defeated?

### GROW

Paul mentions death or dying 15 times in this passage, emphasizing that our identification with Christ's death and resurrection is central to understanding our new life in Him. This isn't just theological theory — it's the foundation for how we experience real transformation and freedom from sin's power. As we examine these verses together, let's explore how this profound truth reshapes our understanding of baptism, grace, and daily Christian living.

- Read Romans 6:1–2. Paul anticipates the question about continuing in sin so grace may abound. Why do you think people might be tempted to view God's grace this way? How does Paul's response challenge this thinking?
- In verses 3–4, Paul connects baptism with Christ's death and resurrection. John Stott writes, “Our baptism speaks not only of our death and resurrection with Christ but also of our consequent obligation to live accordingly” (Romans: God's Good News for the World, p.173). How does understanding this connection change our view of both baptism and daily Christian living?
- Look at verses 5–7. What does it mean to have our “old self crucified” with Christ? How is this different from trying to reform ourselves through willpower alone?



- Read verses 8–10. Christ’s resurrection means death no longer has dominion over Him. Tim Keller notes, “The resurrection is not just a supernatural event but a revolutionary one that changes everything about how we live now” (Romans 1–7 For You, p.142). How should this truth impact our daily battles with sin?
- Paul moves from the indicative (what is true) of Romans 6:1–11 to the imperative (what to do) of Romans 6:12–14. How would you summarize each of these two sections? What is the relationship between them? Is the imperative built on the indicative, or the indicative on the imperative?

## **SHOW**

The apostle Paul reminds us that eternal life starts now (John 17:3), and we don’t need our “grave clothes” once we are risen to new life. If we truly believe that Jesus loves us enough to die for us on the cross, then following His commands isn’t restrictive but rather the path to abundant life. As we consider how to apply these truths, let’s think about specific ways we can walk in “newness of life.”

- In verse 11, we are to “consider ourselves dead to sin and alive to God in Christ Jesus.” In what ways does this alter your everyday living? What new actions are the result of our new life in Christ?
- Who in your life needs to hear about the freedom from sin’s dominion that comes through Christ? How can you share this truth with them this week?

# *NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# WEEK 15: ROMANS 6:15–7:6

## INTRODUCTION

Having established that we are dead to sin and alive in Christ, Paul now confronts a dangerous misunderstanding about grace. If we're no longer under law but under grace, why not continue in sin? This question would have resonated with Paul's Roman audience, where one-third of the population lived under slavery, making his metaphor of being "slaves" to either sin or righteousness immediately relatable. Today, we might prefer to think of ourselves as autonomous and in control of our passions, yet Paul exposes this as a deadly illusion. Grace, he reveals, is not merely an idea but a transformative power that God uses in our lives to lead us toward true freedom. We face a stark choice: we will all serve something—either sin, which leads to death, or righteousness, which leads to life.

## ROMANS 6:15–7:6 (ESV)

<sup>15</sup> *What then? Are we to sin because we are not under law but under grace? By no means!* <sup>16</sup> *Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?* <sup>17</sup> *But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed,* <sup>18</sup> *and, having been set free from sin, have become slaves of righteousness.* <sup>19</sup> *I am speaking in human terms, because of your natural limitations. For just as you once presented your members as slaves to impurity and to lawlessness leading to more lawlessness, so now present your members as slaves to righteousness leading to sanctification.* <sup>20</sup> *For when you were slaves of sin, you were free in regard to righteousness.* <sup>21</sup> *But what fruit were you getting at that time from the things of which you are now ashamed? For the end of those things is death.* <sup>22</sup> *But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life.* <sup>23</sup> *For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.* <sup>24</sup> *Or do you not know, brothers—for I am speaking to those who know the law—that the law is binding on a person only as long as he lives?* <sup>25</sup> *For a married woman is bound by law to her husband while he lives, but if her husband dies she is released from the law of marriage* <sup>26</sup> *Accordingly, she will be called an adulteress if she lives with another man while her husband is alive. But if her husband dies, she is free from that law, and if she marries another man she is not an adulteress.* <sup>27</sup> *Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God.* <sup>28</sup> *For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death.* <sup>29</sup> *But now we are released from the*

*law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.*

## **DAILY PERSONAL STUDY: ROMANS 6:15-7:6**

### **Day One**

Read Romans 6:15–18 carefully. Focus on Paul's question, "Are we to sin because we are not under law but under grace?" How does this connect to his earlier arguments about grace in Romans 5:20–21? Consider how the world around you might misunderstand Christian freedom as license to sin. Journal about how true freedom in Christ differs from the world's definition of freedom.

### **Day Two**

Study Romans 6:19–21. Paul uses the slavery metaphor because of human weakness (v.19). Examine the progression he describes: being slaves of impurity leading to more lawlessness versus being slaves of righteousness leading to sanctification. What "fruit" or results have you seen in your own life when yielding to sin versus yielding to God? Compare this with Jesus' teaching in Matthew 7:16–20 about knowing trees by their fruit.

### **Day Three**

Focus on Romans 6:22–23. Consider the contrast between "wages" and "free gift." Meditate on John Stott's words: "Eternal life is not merely a length of life; it is a quality of life, an intimate relationship with God through Jesus Christ." How does this understanding of eternal life as both present reality and future hope affect your daily choices?

### **Day Four**

Examine Romans 7:1–4 and Paul's marriage analogy. How does this illustration help explain our relationship to both the law and Christ? Consider how this builds on Paul's teaching about being united with Christ in his death and resurrection from Romans 6:1–14. What does it mean practically to be "married to Christ" and to "bear fruit for God"?

### **Day Five**

Reflect on Romans 7:5–6, especially the contrast between the "old way" and the "new way of the Spirit." Connect this with Paul's earlier teaching about walking in

newness of life (Romans 6:4). What does it look like in your daily life to serve in the “new way of the Spirit”? Consider Timothy Keller’s insight: “The Christian life is not a matter of following rules but of following Christ.”

## **DAILY PRAYER FOR THIS WEEK**

Father, thank You that Your grace not only forgives but empowers. Help me understand what it means to be truly free in Christ. Show me areas where I might be serving sin rather than righteousness, and give me strength through Your Spirit to walk in newness of life. Thank You that I am no longer under law but under grace. In Jesus’ name, Amen.

## **DISCUSSION QUESTIONS**

### **KNOW**

In Romans 6:15–7:6, Paul addresses a critical misunderstanding about grace that was threatening the early church and continues to challenge believers today. Just as one-third of Rome’s population were slaves in Paul’s day, he uses this powerful metaphor to help us understand that everyone serves something or someone. As we begin our discussion, let’s reflect on our own experiences with freedom and slavery in both spiritual and practical terms.

- What does it mean to be a slave to something? Think about a time when you felt “trapped” by a habit or behavior you couldn’t seem to break free from. What made it feel so controlling?
- What’s your initial reaction when you hear the word “obedience”? Do you tend to view it positively or negatively, and why?

### **GROW**

Paul presents a stark contrast between serving sin and serving righteousness, emphasizing that grace is not just an idea but a power that God uses in our lives. He challenges the notion that we can control our passions on our own or casually flirt with sin without consequences. Let’s dive deeper into understanding this transformative passage and its implications for our lives today.

- In Romans 6:15–18, Paul describes being “slaves” either to sin or to righteousness, challenging modern notions of autonomy and freedom. How does this metaphor reshape your understanding of true freedom in light of D.A. Carson’s statement: “True freedom is not the liberty to do anything we please, but the liberty to do what we ought”?
- In verses 19–21, Paul contrasts the “fruit” or results of serving sin versus serving God. What specific examples of these contrasting outcomes—destruction versus holiness—have you observed in your own life or others’?

- Read Romans 6:22 & John 8:31–36. Paul speaks of being “set free from sin,” while Jesus describes freedom as being rooted in abiding in His word. How do these passages together deepen your understanding of what true freedom in Christ looks like?
- Using a marriage analogy in Romans 7:1–6, Paul explains our relationship to the law and to Christ. What is the key message of this illustration, and how does “serving in the new way of the Spirit” (v. 6) enable us to “bear fruit for God” as described in Galatians 5:22-23?

## **SHOW**

As John Stott reminds us, “Eternal life is not merely a length of life; it is a quality of life, an intimate relationship with God through Jesus Christ.” This passage speaks to three types of people: the believer living in “death,” the person who thinks they are a believer but may not be, and the person who doesn’t believe and knows it. Wherever we find ourselves, Paul’s words call us to concrete action in response to God’s grace.

- Based on this passage, what area of your life do you need to more fully “present as a slave to righteousness” (6:19)? What’s one practical step you can take this week?
- How might you use this passage to help new believers?





# WEEK 16: ROMANS 7:7–25

## INTRODUCTION

After exploring how we have died to sin and are alive in Christ (Romans 6), Paul now addresses a critical question that naturally arises: “Is the law sin?” This passage, especially relevant to his Jewish audience who might have wondered if Paul was dismissing the law’s value, reveals how God’s law serves a holy purpose by exposing our desperate need for grace. Yet this teaching isn’t just for first-century Jews—it speaks powerfully to us today as we wrestle with similar questions about rules, righteousness, and our ongoing struggle against sin. Paul’s intensely personal confession about his own internal battle (“I do not do what I want, but I do the very thing I hate”) offers both comfort and challenge to every believer. Like Paul, we often find ourselves caught between knowing what is right and actually doing it, between our new identity in Christ and our ongoing struggle with the flesh. But far from leaving us in despair, this passage ultimately points us to hope and victory through Jesus Christ our Lord. As we study these verses together, we’ll discover how God’s law, though good and holy, was never meant to be our savior—it was meant to show us our need for one. In doing so, we’ll learn to appreciate both the law’s role in revealing our sin and God’s overwhelming grace that delivers us from it.

## ROMANS 7:7–25 (ESV):

<sup>7</sup> What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, “You shall not covet.”<sup>8</sup> But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness. For apart from the law, sin lies dead.<sup>9</sup> I was once alive apart from the law, but when the commandment came, sin came alive and I died.<sup>10</sup> The very commandment that promised life proved to be death to me.<sup>11</sup> For sin, seizing an opportunity through the commandment, deceived me and through it killed me.<sup>12</sup> So the law is holy, and the commandment is holy and righteous and good.<sup>13</sup> Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure.<sup>14</sup> For we know that the law is spiritual, but I am of the flesh, sold under sin.<sup>15</sup> For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.<sup>16</sup> Now if I do what I do not want, I agree with the law, that it is good.<sup>17</sup> So now it is no longer I who do it, but sin that dwells within me.<sup>18</sup> For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.<sup>19</sup> For I do not do the good I want, but the evil I do not want is what I keep on doing.<sup>20</sup> Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.<sup>21</sup> So I find it to be a law that when I want to do right, evil lies

close at hand.<sup>22</sup> For I delight in the law of God, in my inner being,<sup>23</sup> but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.<sup>24</sup> Wretched man that I am! Who will deliver me from this body of death?<sup>25</sup> Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

## **DAILY PERSONAL STUDY: ROMANS 7:7–25**

### **Day One**

Read Romans 7:7–12 carefully. How does Paul explain the relationship between the law and sin? Notice how he uses his own experience (“I would not have known sin”) to illustrate this relationship. Compare this with Galatians 3:24–25 where Paul describes the law as a “guardian” leading us to Christ. How has God’s law served this purpose in your own life, showing you your need for grace?

### **Day Two**

Focus on Romans 7:13–14 regarding the law’s purpose in revealing sin. Paul says the law is “spiritual,” but he is “of the flesh, sold under sin.” What does this contrast reveal about our human condition? Consider Tim Keller’s insight that “The law of God is like an MRI that reveals what’s wrong with us, but it cannot cure us”. How does this help you understand your own struggle with sin?

### **Day Three**

Study Romans 7:15–20. Paul repeats himself several times in describing his inner conflict. What specific struggle does he describe? How does this relate to what he writes in Galatians 5:17 about the war between flesh and Spirit? Reflect honestly on areas in your life where you experience this same battle between desire and action.

### **Day Four**

Examine Romans 7:21–23’s description of the “law” or principle at work in our members. How does this internal war relate to our series theme of being “Filled with Power and Hope”? Compare this with Romans 8:2 where Paul introduces the “law of the Spirit of life.” What hope does this offer in our struggle against sin?

## Day Five

Meditate on Romans 7:24-25's cry of desperation and immediate answer of hope. How does Paul's conclusion point us to Christ as our deliverer? Consider John Stott's observation: "No Christian need live in defeat, frustration and despair... Christ sets us free from both the penalty and power of sin" (The Message of Romans). How does this truth encourage you in your daily battle against sin?

## DAILY PRAYER FOR THIS WEEK

Lord Jesus, like Paul, I often find myself doing what I don't want to do and failing to do what I know is right. Thank You that You understand this struggle and have provided victory through Your death and resurrection. Help me to stop trying to overcome sin in my own strength and instead rest in Your finished work. Fill me with Your Spirit's power and hope as I face these daily battles. In Your name, Amen.

## DISCUSSION QUESTIONS

### KNOW

In Romans 7:7-25, Paul addresses a critical question about the relationship between God's law and our sinful nature. As he writes to both Jewish and Gentile believers, he reveals his own personal struggle with sin—a battle that every Christian faces. Before we dive deeper into the theological implications, let's consider how this internal conflict manifests in our own lives.

- Share about a time when you tried to break a bad habit. What strategies did you use and what was the outcome? How does this relate to Paul's struggle in Romans 7?
- Growing up, what role did rules play in your family? Were they seen as protective guidelines or restrictive barriers? How has this influenced your view of God's law?

### GROW

Paul makes a profound shift in this passage from explaining the law's purpose to describing the ongoing battle between our new nature in Christ and our flesh. As he writes, "The law is holy, and the commandment is holy and righteous and good" (v.12), yet he also acknowledges that the law reveals our desperate need for grace. Let's explore how this tension shapes our understanding of sanctification and our dependence on Christ.

- Read Romans 7:7-12. How does Paul address the question, "Is the law sin?" What positive purpose does he attribute to the law? Reflect on Tim Keller's insight: "The law of God is like an MRI that reveals what's wrong with us, but

it cannot cure us.” How does this help you understand the law’s role in pointing us to Christ?

- What does Paul mean in Romans 7:13–14 by being “sold under sin.” How does this relate to John Stott’s observation that the Christian is both “sold under sin” (7:14) and “set free from sin” (6:18)? How do you reconcile this paradox in your own spiritual journey?
- In Romans 7:15–23, Paul vividly describes the inner conflict between the desire to do good and the power of sin at work in him. What are the two opposing forces he identifies? How does this relate to Galatians 5:16–18 and the tension between our old and new selves?
- In verse 24–25, Paul cries out, “Wretched man that I am! Who will deliver me from this body of death?” How does he immediately answer his own question? How does this teach us where to find hope and victory over sin, and how does Martyn Lloyd-Jones’s quote, “The more holy a person is, the more he recognizes his unholiness,” deepen our understanding of this passage?

## SHOW

Paul concludes this passage with a powerful declaration of hope: “Thanks be to God through Jesus Christ our Lord!” (v.25). This reminds us that while the struggle with sin is real, victory is found not in our own efforts but in Christ’s finished work. As we consider how to apply these truths, let’s focus on practical ways to live in light of God’s grace and power.

- Reflecting on Paul’s teaching in Romans 7:18–23, how have you experienced the inner struggle he describes in your own life? What specific area do you need to surrender to Christ, relying on His finished work instead of your own strength?
- How can you use Paul’s teaching in Romans 7 to encourage a fellow believer who feels discouraged by their ongoing struggle with sin? How might cultivating a deeper appreciation for God’s holiness and greater reliance on His grace shape both your daily walk and your words of encouragement to others?



# WEEK 17: ROMANS 8:1–13

## INTRODUCTION

As we move from the struggle and tension of Romans 7 into the liberating truths of Romans 8, Paul's letter takes a dramatic turn toward hope. The declaration that there is “no condemnation for those who are in Christ Jesus” would have struck his Roman audience with particular force, as their culture practiced removing the names and images of condemned persons from historical records — essentially erasing their existence. For them, and for us today, Paul reveals that in Christ we receive the opposite of condemnation: complete acceptance and the empowering presence of the Holy Spirit. While we might still wrestle with feelings of guilt and inadequacy in our walk with God, or struggle with the daily tension between flesh and Spirit, this passage reminds us that we have been given something greater than our own willpower to overcome sin — we have been given the indwelling Spirit of God Himself. The same Spirit that raised Christ from the dead now lives in us, not only freeing us from condemnation but also giving us the power to actually follow and enjoy God's wisdom. This is the essence of what it means to live by faith – not merely trying harder in our own strength, but learning to walk in the freedom and power of the Spirit who lives within us.

## ROMANS 8:1–13 (ESV)

<sup>1</sup> There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup> For the law of the Spirit of life has set you[b] free in Christ Jesus from the law of sin and death. <sup>3</sup> 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,[c] he condemned sin in the flesh, <sup>4</sup> 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. <sup>5</sup> 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. <sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. <sup>7</sup> 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. <sup>8</sup> Those who are in the flesh cannot please God. <sup>9</sup> You, 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. <sup>10</sup> But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. <sup>11</sup> If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus[d] from the dead will also give life to your mortal bodies through his Spirit who dwells in you. <sup>12</sup> So then, brothers,[e] we are debtors, not to the flesh, to live according to the flesh. <sup>13</sup> For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

## **DAILY PERSONAL STUDY: ROMANS 8:1-13**

### **Day One**

Read Romans 8:1–4. Paul begins with “therefore,” connecting this passage to his previous discussion of struggle with sin in chapter 7. Compare this declaration of “no condemnation” with the cultural practice in Rome of erasing condemned persons from historical records. How does this historical context deepen your appreciation of what Christ has done? Consider how this relates to Colossians 2:13–14 where Paul describes God “canceling the record of debt that stood against us.”

### **Day Two**

Focus on Romans 8:5–6 regarding the mind set on the Spirit versus the flesh. Make two columns and list the characteristics and outcomes of each mindset as described in these verses. How does this connect to Paul’s earlier discussion of the “old self” and “new self” in Romans 6:1-14? What does it mean practically to have your mind “set on” something?

### **Day Three**

Study Romans 8:9–11 carefully. Paul emphasizes that having the Spirit of Christ is not optional for Christians — it’s essential to belonging to Him. How does this truth relate to Jesus’s teaching about the necessity of being “born again” in John 3:1–8? What evidence of the Spirit’s presence do you see in your own life?

### **Day Four**

Examine the trinitarian aspects of Romans 8:1–13. Note each reference to the Father, Son, and Holy Spirit and their distinct roles in our salvation and sanctification. How does this passage show their unified work in the believer’s life? Compare this with Paul’s other trinitarian passages like 2 Corinthians 13:14 and Ephesians 1:3–14.

### **Day Five**

Reflect on Romans 8:12–13 regarding “putting to death the deeds of the body.” How does this relate to our series theme of “Living By Faith: Filled with Power and Hope”? Consider the paradox that we are both completely free from condemnation (v.1) and yet called to actively fight against sin. How does the Spirit’s power make this possible? Compare with Philipians 2:12–13.



## DAILY PRAYER FOR THIS WEEK

Heavenly Father, thank You that there is no condemnation for those who are in Christ Jesus. Help me to walk according to Your Spirit, not according to the flesh. Transform my mind to be set on the things of the Spirit. Thank You for the indwelling presence of Your Spirit that gives me power to put to death the deeds of the body. May I live in the freedom and hope You provide through Christ. In Jesus' name, Amen.

## DISCUSSION QUESTIONS

### KNOW

Romans 8:1–13 marks a profound shift in Paul's letter, moving from the struggle with sin described in chapter 7 to the liberating power of life in the Spirit. Before we dive deeper into this transformative passage, let's reflect on our own experiences with freedom, guilt, and power that help us relate to these spiritual truths.

- What are some things that affect your mental state and either put you in a good mood or a bad mood throughout your day?
- How hard is it for you to truly believe Romans 8:1? "There is, therefore, no condemnation for those who are in Christ Jesus." Can you articulate why you feel the way you do about this verse?

### GROW

Paul's declaration that there is "no condemnation" for those in Christ would have been particularly powerful to his Roman audience, where cultural shame meant having one's image removed from carvings and name erased from historical records. As we explore this passage, we'll see how the Spirit empowers us to live in the freedom Christ has won for us, moving from guilt to grace, from powerlessness to Spirit-enabled obedience.

- What do you think it means to set your mind on the things of the Spirit? See Colossians 3:2–10, Philippians 4:8, and Isaiah 26:3 for help.
- In this passage we see two different mindsets contrasted. What is the outcome of each of these mindsets and what do you think each of them look like in real life? As you discuss this, think about some things that could be indicators to help you recognize which path you are on.
- \*In v.10–11 we see that the Holy Spirit dwells in us as believers. Why is this important for us to understand and how does this affect our ability to set our minds on spiritual things? Consider what you know about the role of the Holy Spirit and the things He does in our lives.
- Looking at verses 12–13, what does it mean practically to "put to death the deeds of the body?" How does this relate to John Owen's famous quote "Be killing sin or it will be killing you?"

## SHOW

The Holy Spirit doesn't just free us from condemnation but gives us the power to actually follow and enjoy God's wisdom. As Paul emphasizes, this isn't about adding more "you need to" commands to our lives, but about experiencing the joy of Spirit-enabled obedience because we're already forgiven. Let's consider how to live out these truths in practical ways.

- Verse 2 tells us that, for believers, the power of sin has been broken by the Holy Spirit in us. Is there something in your life that you need to be freed from? If you are willing, share that with your group and ask God to remind you this week that you are no longer a slave to that issue because of what Jesus has done.
- What is one thing you want to specifically focus on this week in order to more consistently set your mind on the things of God? As a group, help encourage each other and hold each other accountable by checking in with each other next time you meet to see how this practice is going.



# WEEK 18: ROMANS 8:14–25

## INTRODUCTION

In Romans 8:14–25, Paul transitions from describing life in the Spirit to unveiling a profound truth — our adoption as children of God. This passage would have deeply resonated with Roman Christians, as adoption in their culture carried stronger legal rights than natural birth. An adopted child could never be disowned, and all previous debts were erased. Through this metaphor, Paul reveals that our relationship with God isn't merely that of servants following a master, but of beloved children who can cry out "Abba, Father." Yet this privileged position comes with both glory and challenge. Just as Christ suffered before experiencing resurrection glory, we too may face trials that cause us to groan along with all creation. Like the intensifying pains of childbirth that signal new life, our present sufferings actually confirm our identity as God's children and point to our future glory. Paul wants us to understand that being filled with the Spirit's power doesn't mean an absence of struggle, but provides unwavering hope as we await our inheritance. This truth speaks powerfully today, when many believers question God's presence in suffering or seek to avoid trials. Instead, Paul invites us to see our struggles through the lens of our secure identity as adopted children and heirs with Christ, offering both comfort in our present circumstances and confidence in our future glory.

## ROMANS 8:14–25 (ESV)

<sup>14</sup> For all who are led by the Spirit of God are sons[a] of God. <sup>15</sup> For 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!" <sup>16</sup> The Spirit himself bears witness with our spirit that we are children of God, <sup>17</sup> and 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. <sup>18</sup> For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. <sup>19</sup> For the creation waits with eager longing for the revealing of the sons of God. <sup>20</sup> For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope <sup>21</sup> that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. <sup>22</sup> For we know that the whole creation has been groaning together in the pains of childbirth until now. <sup>23</sup> And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. <sup>24</sup> For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? <sup>25</sup> But if we hope for what we do not see, we wait for it with patience.

## **DAILY PERSONAL STUDY: ROMANS 8:14–25**

### **Day One**

Read Romans 8:14–17 carefully, focusing on the contrast between slavery and sonship. What does it mean to be “led by the Spirit of God?” Reflect on Paul’s emphasis on adoption — particularly noteworthy given the Roman cultural context where adopted children could never be disowned, unlike natural children. How does this historical detail deepen your understanding of your security in Christ? Consider recording in your journal how the Spirit has led you this week.

### **Day Two**

Focus on verses 15–16 and the concept of “Abba, Father.” This intimate form of address would have been shocking to Paul’s original readers. Compare this with Jesus’ use of “Abba” in Mark 14:36. How does the Spirit’s witness with our spirit that we are God’s children affect your prayer life? What prevents you from approaching God with this kind of intimacy? Consider writing a prayer using “Abba, Father” to start developing this intimate relationship.

### **Day Three**

Study verses 17–18, examining the connection between suffering and glory. Paul indicates that suffering isn’t a sign of God’s absence but rather confirmation of our identity as co-heirs with Christ. Look back at Romans 5:3–5 and compare how both passages connect suffering with hope. What current suffering in your life could God be using to prepare you for future glory? How does this perspective change your approach to trials?

### **Day Four**

Meditate on verses 19–22’s imagery of creation groaning as in childbirth. This metaphor appears throughout scripture (see Isaiah 24:4–7, Jeremiah 12:4). Just as labor pains intensify before new life emerges, our present struggles often intensify before breakthrough comes. How does this metaphor help you understand the relationship between present pain and future glory? What hope does this give you in your current circumstances?

### **Day Five**

Reflect on verses 23–25’s description of hope and waiting. Connect this to our series theme of “Living by Faith: Filled with Power and Hope.” Consider Tim Keller’s observation that “Christian hope is a sure confidence, not mere

optimism.” How does this passage challenge contemporary notions of hope? Journal about an area where you’re waiting on God and how this passage reshapes your perspective on that waiting.

## **DAILY PRAYER FOR THIS WEEK**

Father, thank You for adopting me into Your family through Christ. Help me to live as Your child, led by Your Spirit, even through suffering. Remind me that my present struggles are producing an eternal weight of glory that far outweighs them all. Give me patience in waiting and confidence in Your promises. May I live this week deeply aware of my identity as Your heir, filled with the power and hope that comes from Your Spirit. In Jesus’ name, Amen.

## **DISCUSSION QUESTIONS**

### **KNOW**

In Romans 8:14–25, Paul transitions from discussing life in the Spirit to revealing our profound identity as adopted children of God. This passage invites us to explore both the incredible privilege and responsibility of being heirs with Christ. As we begin our discussion, let’s reflect on our personal journeys of faith and adoption into God’s family.

- Many times, our view of God is greatly impacted by our relationship with our earthly father. How has this been true in your experience? How has knowing God as Father changed or challenged that perspective?
- Is there something significant you’re waiting for right now? How does your faith impact how you handle seasons of waiting and anticipation?

### **GROW**

Paul presents a powerful contrast between our former state of slavery to sin and our current position as adopted children of God. This transformation isn’t just legal or positional — it’s deeply personal and eternal. The Holy Spirit himself testifies to this reality in our hearts. As we examine these verses more closely, let’s consider how this profound truth shapes our understanding of suffering, hope, and future glory.

- Read Romans 8:14–17. Paul contrasts the “spirit of slavery” with the “Spirit of adoption.” If you were to imagine God interacting with you as Father, what is His expression and tone? Consider Zephaniah 3:17 alongside John Piper’s words: “Adoption is greater than the universe, because the Father’s love is greater than the universe.” (Desiring God, 2007)
- Looking at verses 15–16, what role does the Holy Spirit play in confirming our adoption? How have you experienced this witness of the Spirit in your own life?

- Verses 16–17 link suffering with being “heirs with Christ.” How does this identity as co-heirs change our perspective on suffering? Consider both Romans 5:3–5 and Tim Keller’s observation: “Suffering isn’t an obstacle to glory — it’s the pathway to it.” (Romans 8–16 For You, 2015)
- In verse 18, Paul says our present sufferings aren’t worth comparing with future glory. How does this eternal perspective help us endure trials? Consider C.S. Lewis’s perspective: “The Christians who did most for the present world were just those who thought most of the next.” (Mere Christianity)
- Read verses 19–25. How does seeing all creation groaning for redemption help us understand our own spiritual longings? What hope does this give us as we wait with patience?

## SHOW

As Paul concludes this section, he emphasizes that our adoption as God’s children should transform how we live. Just as labor pains intensify before new life emerges, our present struggles can produce deeper faith and anticipation of future glory. Let’s consider how we can apply these truths to our daily lives and relationships.

- What fears or insecurities about your relationship with God (like disappointing Him or not doing enough) need to be realigned with the truth of your identity as His beloved child? What scripture can you meditate on this week to reinforce this truth?
- How can identifying with Jesus in both blessing and suffering deepen your relationship with Him this week? What practical step can you take to embrace this perspective in your current circumstances?



# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# WEEK 19: ROMANS 8:26–30

## INTRODUCTION

In Romans 8:26–30, Paul reaches one of the most profound and comforting passages in all of Scripture, building on his discussion of our adoption as God's children and our future glory. For the original Roman audience facing persecution and uncertainty, these words offered tremendous assurance that their present struggles weren't the end of the story. The same Holy Spirit who helps them in their weakness also intercedes for them according to God's will. For us today, living in a world of anxiety, confusion, and spiritual warfare, this passage speaks powerfully to our own moments of weakness—times when we don't even know how to pray. Paul reveals that God's work in our lives is far more intimate and comprehensive than we often realize. The Spirit's intercession, God's sovereign working for good, and our secure position in His eternal plan aren't just theological concepts but life-changing realities that give us unshakeable hope. This passage connects the already of our justification with the not yet of our glorification, assuring us that the same God who began this good work will be faithful to complete it. As we study these verses together, we'll discover how this truth empowers us to live by faith even when we feel most weak, knowing that nothing can separate us from God's unstoppable purpose to conform us to the image of His Son.

## ROMANS 8:26–30 (ESV)

*<sup>26</sup> 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. <sup>27</sup> 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. <sup>28</sup> And we know that for those who love God all things work together for good, for those who are called according to his purpose. <sup>29</sup> For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. <sup>30</sup> And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.*

## DAILY PERSONAL STUDY: ROMANS 8:26–30

### Day One

Read Romans 8:26–27. How does Paul describe the Spirit's help in our weakness, particularly in prayer? Reflect on times when you've felt too weak or overwhelmed to pray. How does the image of the Spirit interceding for us "with groanings too deep for words" comfort you? Consider how this relates to Jesus's promise of the Spirit as our Helper in John 14:26.

## **Day Two**

Focus on the phrase “according to the will of God” in verse 27. What does this tell us about the nature of the Spirit’s intercession? Compare this with Jesus’s prayer in the Garden of Gethsemane (Matthew 26:39). How might this shape your understanding of prayer and God’s will? Consider journaling about areas where you’re struggling to trust God’s will.

## **Day Three**

Study verse 28 in its context. Notice that this beloved promise is specifically for “those who love God” and are “called according to his purpose.” How does this context deepen your understanding of this verse? Consider how this connects to Joseph’s statement in Genesis 50:20 about God working all things for good. What current circumstances in your life do you need to view through this lens?

## **Day Four**

Examine the “golden chain” of salvation in verses 29–30 (foreknew, predestined, called, justified, glorified). What does each term mean? How does this progression demonstrate God’s faithfulness to complete His work in us? Compare this with Philippians 1:6. How does this give you confidence in God’s ongoing work in your life?

## **Day Five**

Reflect on being “conformed to the image of his Son” (v.29). This is the ultimate “good” that God is working toward in verse 28. How does this purpose challenge or encourage you? Consider areas in your life where you see the Spirit transforming you to be more like Christ. How does this relate to our series theme of living by faith filled with power and hope?

## **DAILY PRAYER FOR THIS WEEK**

Gracious Father, thank You for the gift of Your Spirit who helps us in our weakness and intercedes for us. Thank You that You are working all things together for our good, even when we can’t see it. Help us trust Your sovereign plan and rest in the assurance that You will complete the good work You’ve begun in us. Transform us more into the image of Your Son as we walk by faith. In Jesus’ name, Amen.

## DISCUSSION QUESTIONS

### KNOW

In Romans 8:26–30, Paul reveals some of the most profound and encouraging truths about God’s work in our lives through His Spirit. Before we dive deeper into these verses, let’s reflect on our own experiences with prayer, God’s providence, and His transforming work in our lives. These personal stories can help us better understand and relate to the powerful truths Paul is sharing.

- Share about a time when you felt unable to express something in prayer — maybe due to grief, confusion, or being overwhelmed. How did God meet you in that moment?
- What’s one of the hardest situations you’ve experienced where you later saw God working it for good, even though it was difficult to see at the time?

### GROW

Paul’s words in this passage give us an extraordinary glimpse into the work of the Holy Spirit, the sovereignty of God, and the unshakeable hope we have in Christ. As John MacArthur notes, “This passage contains the most extensive treatment of the ministry of the Holy Spirit in helping believers pray.” Let’s examine these verses carefully to understand the deep theological truths that can anchor our faith in times of uncertainty.

- Read Romans 8:26–27. How does Paul describe the Spirit’s role in our prayer life? How does this compare with Jesus’s teaching about the Spirit in John 14:16–17?
- Tim Keller writes: “The Spirit doesn’t just give us peace and power — he gives us himself.” How does this help us understand the profound nature of the Spirit’s intercession for us?
- Looking at verse 28, what does it mean that God works “all things” for good? What is the specific promise being made here, and to whom? Consider how this connects to Genesis 50:20 and Joseph’s perspective on God’s sovereignty.
- Charles Spurgeon said: “God is too good to be unkind and He is too wise to be mistaken. And when we cannot trace His hand, we must trust His heart.” How does this quote help us understand Romans 8:28 more deeply?
- Examine verses 29–30. What is the progression Paul describes here from foreknowledge to glorification? Why might this “golden chain of salvation” have been particularly encouraging to the original Roman audience facing persecution?
- J.I. Packer explains: “The Spirit’s intercession is not a matter of His praying instead of us...but of His enabling and directing us in prayer.” How should this understanding shape our approach to prayer?

## SHOW

As we've studied this rich passage, we see that these aren't just theological concepts but transformative truths that should impact how we live. The Holy Spirit's intercession, God's sovereign working for our good, and our secure position in Christ should revolutionize our prayer life, our perspective on difficulties, and our daily walk with the Lord. Let's consider how to apply these truths practically.

- Based on verses 26–27, what practical steps can you take this week to be more attentive to the Spirit's help in your prayer life? Consider setting aside specific times to pray even when you don't have the words.
- Looking at your current circumstances, what situation do you need to reframe through the lens of Romans 8:28? How might viewing it through God's sovereignty change your response?



# WEEK 20: ROMANS 8:31–39

## INTRODUCTION

Having explored the incredible work of the Holy Spirit in the life of believers and our identity as adopted children of God, Paul now brings Romans 8 to its magnificent crescendo. After walking through the reality of present suffering and future glory, and the Spirit's help in our weakness, Paul poses a pivotal question: "What then shall we say to these things?" Just as the Roman Christians faced increasing hostility under Nero's rule and struggled with doubts about God's love in the midst of persecution, we too can question God's care when facing life's trials. But Paul doesn't merely offer comfort — he presents an airtight case for the absolute security of the believer in Christ. Through a series of rhetorical questions and an exhaustive list of potential threats, he demonstrates that nothing in all creation can separate us from God's love. This passage invites us to move beyond just surviving our struggles to becoming "more than conquerors" through Christ who loved us. For the original readers and for us today, these verses serve both as an anchor of security in times of doubt and as a catalyst for courageous living. As we continue to explore what it means to "live by faith," we discover that our confidence comes not from our ability to hold onto God, but from His unshakeable grip on us through Christ.

## ROMANS 8:31–39 (ESV)

*<sup>31</sup> What then shall we say to these things? If God is for us, who can be against us? <sup>32</sup> 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? <sup>33</sup> Who shall bring any charge against God's elect? It is God who justifies. <sup>34</sup> 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. <sup>35</sup> Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? <sup>36</sup> As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup> nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

## DAILY PERSONAL STUDY: ROMANS 8:31-39

### Day One

Read Romans 8:31–32. Notice how Paul builds on all he's taught about our salvation in Romans 1-8 with the question "What then shall we say to these things?" Consider writing down the major truths about salvation you remember from our study of Romans so far. How does the truth that "God is for us" serve as



the pinnacle of these teachings? Reflect on how this reality changes your perspective on current challenges you're facing.

### **Day Two**

Focus on verses 33–34, examining the four reasons why no one can bring a charge against God's elect (God's justification, Christ's death, resurrection, and intercession). Compare this with other scriptures about our advocate Jesus Christ (1 John 2:1–2, Hebrews 7:25). How does understanding Jesus' ongoing role as our intercessor impact your confidence before God?

### **Day Three**

Study verses 35–36, where Paul lists various forms of suffering that cannot separate us from Christ's love. Notice that Paul isn't promising these things won't happen to believers, but rather that they can't break our relationship with Christ. Consider how this connects to Jesus' words in John 16:33 about having peace in Him despite tribulation in the world. What current circumstances in your life need to be viewed through this lens?

### **Day Four**

Meditate on verse 37's declaration that we are "more than conquerors." The Greek word here (*hypernikōmen*) suggests overwhelming victory. Compare this with other passages about victory in Christ (2 Corinthians 2:14, 1 John 5:4). How does this change your view of current struggles from mere survival to triumphant victory through Christ?

### **Day Five**

Reflect on verses 38–39's comprehensive list of things that cannot separate us from God's love in Christ. Consider how this concluding statement of Romans 1–8 relates to our series theme of "Living by Faith." What would change in your daily life if you lived with absolute confidence in this unbreakable love? Compare this with Jesus' promises in John 10:28–29.

## **DAILY PRAYER FOR THIS WEEK**

Father, thank You that You are for us and that nothing can separate us from Your love in Christ Jesus. Help me live today in the confidence of Your unbreakable

love. May the truth of your Word transform my fears into faith as I rest in Your perfect love. In Jesus' name, Amen.

## **DISCUSSION QUESTIONS**

### **Know**

In this triumphant passage, Paul begins with the powerful declaration “If God is for us, who can be against us?” Before we explore the profound theological implications of this truth, let’s reflect on our own experiences that help us better grasp the magnitude of what it means to have the sovereign God of the universe standing forever with us.

- Share about a time when someone stood up for you or defended you when you needed it. How did that make you feel?
- What’s the strongest bond or relationship you’ve experienced in your life? What made/makes it so unshakeable?
- When you think about God being “for you” (v.31), what images or metaphors come to mind? (e.g., father, defender, advocate, friend)

### **Grow**

Having shared our experiences, let’s now examine how Paul builds his case for the believer’s absolute security in Christ. John MacArthur notes that “Romans 8:31–39 is a passage of holy logic, proceeding from an absolutely certain premise to an absolutely certain conclusion.”

- Read Romans 8:31–32. Paul uses a “greater to lesser” argument here: if God gave His Son, He’ll give us everything else we need. How does this logic help build our confidence in God’s care for us? Compare this with Matthew 7:11.
- Look at verses 33–34. Charles Spurgeon said: “If God has justified a man it is well done, rightly done, justly done, done for ever, done irreversibly, done infallibly. It is God that justifieth.” How do these verses address the common struggle with guilt that many Christians face?
- In verses 35–36, Paul quotes Psalm 44:22 about being “sheep to be slaughtered.” Timothy Keller notes: “Christians don’t just suffer despite their faith but often because of their faith”. How does this passage reframe our perspective on suffering?
- Examine verse 37. The phrase “more than conquerors” (*hypernikōmen* in Greek) suggests overwhelming victory. How is this different from just surviving our trials? Consider 2 Corinthians 2:14.
- Look at verses 38–39. Why do you think Paul provides such an exhaustive list? What specific fears or threats might his original readers have faced? What similar threats do we face today?

**Show**

Paul wrote this magnificent passage for transformed living, not mere theological reflection. Let's consider how these eternal truths can reshape our daily lives.

- What specific fear, anxiety, or circumstance in your life right now needs to be viewed through the lens of Romans 8:31-39? What would change if you truly believed nothing could separate you from God's love?
- Based on this passage, how might you encourage a fellow believer who is struggling with doubt or fear about their relationship with God?

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

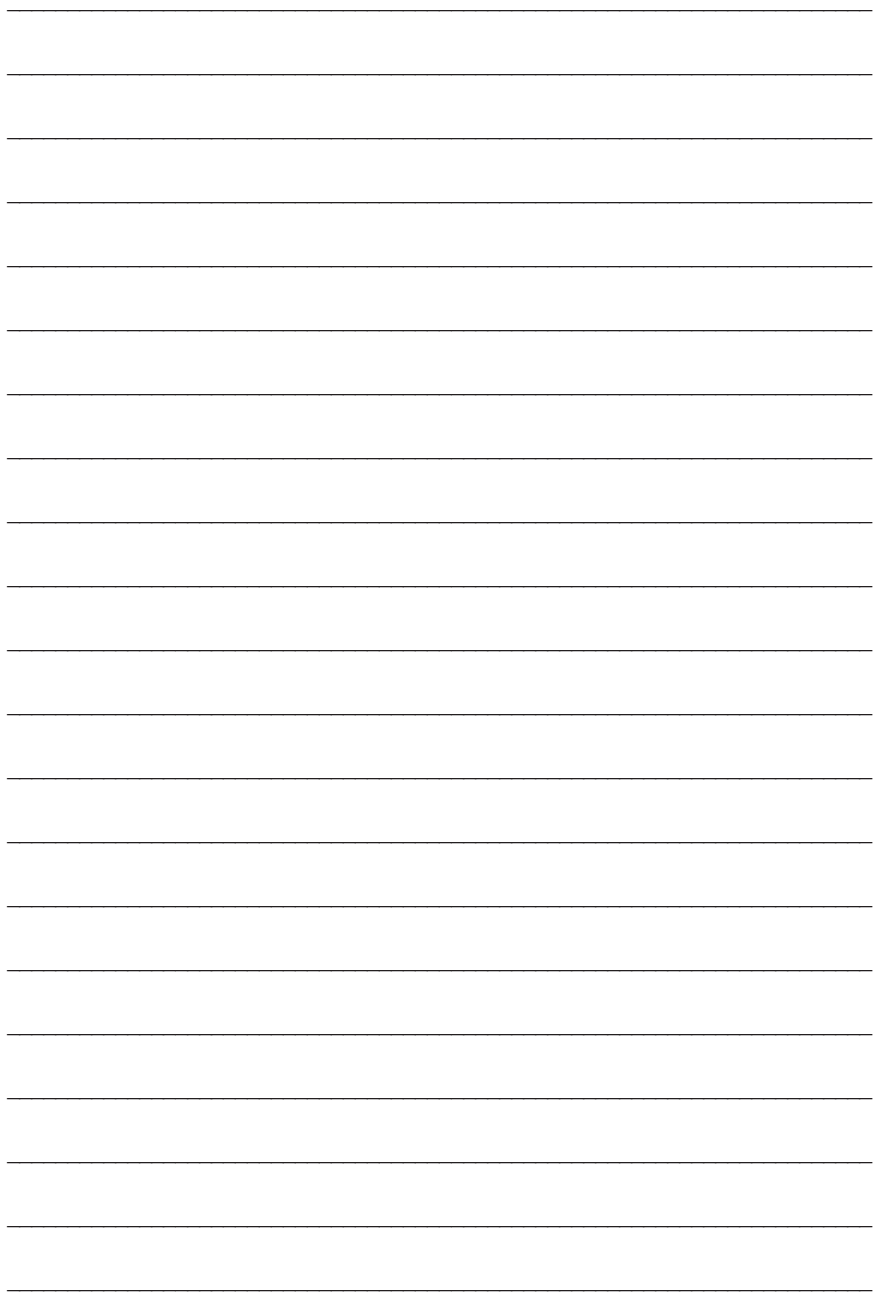
---

---

---

---





# ***RECOMMENDED RESOURCES:***

- *Romans 8–16 For You* by Timothy Keller — <https://a.co/d/dyzadVr>
- *Knowing the Bible: Romans* by Jared Wilson — <https://www.thegospelcoalition.org/course/knowning-bible-romans>
- *Exalting Jesus in Romans* by Tony Merida
- *Romans: A Concise Guide to the Greatest Letter Ever Written* by Andrew David Naselli — <https://www.amazon.com/Romans-Concise-Greatest-Letter-Written/dp/1433580349>



to them who are unde  
may be stopped, and "a  
ty before God.  
y the deeds of the law  
d in his sight: for "

*If 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.*



ely "by his grace, "thn  
n Christ Jesus :  
llset forth "to be a propiti  
s blood, to declare his rig  
sion of "sins that are pe  
of God ;  
at this time his right