

## No Condemnation

This is the first week of our new series, “More Than Conquerors,” where we are going through Romans 8 a few verses at a time. The idea is that our students are constantly being told, and believing, lies about themselves and about God. Things like, “God can’t love me because of something that I did,” “I’m never going to get out of this sin struggle,” or “I’m not good enough to follow Jesus.” These lies, when they become a part of our identity, keep us from embracing a life with Jesus. Thus, Romans 8 (and this series) is meant to be a powerful weapon to combat the lies that we face daily. In the chapter, Paul rehearses many of the promises that are true for Christians. We want to be people who also rehearse these promises in our fight against lies. The first four verses tell us that we are free from the power of sin and Satan when we are in Christ.

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There is therefore now no condemnation for those who are in Christ Jesus. **2** For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. **3** For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, **4** in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. (Romans 8:1-4)

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### Questions:

1. Do you ever find it hard to believe some of the things about God in the Bible? For example, do you ever doubt God’s love for you, or your ability to follow Jesus?
2. What are some of the promises that Paul states in the passage? Have the group name a few.
3. Why are these important? In other words, if these promises are true, what effect do they have on your life?
4. How would your life look if you were completely *free*, like Paul talks about? What would it be like to be free from anxiety, fear, self-doubt, etc?
5. Do you think it’s possible to live in that freedom? Why or why not?
6. What is one practical step you can take to live into the freedom that you have when you are in Christ? In other words, how can you reassure yourself of your freedom? (e.g., reading the Bible in the morning, putting a sticky note with a verse on your mirror, etc.)

The goal of this small group lesson is to show students that there is a correlation between our experience of the freedom we have in Jesus and how often we rehearse that freedom, through scripture and prayer. The more we think about big promises like the ones in Romans 8, the more we will experience freedom from fear, anxiety, etc...