

This chapter presents a stark contrast from Romans 7. Romans 7 uses the personal emphasis of I, me, and my over 40 times. The focus on living life in our own strength leads Paul to say in Romans 7:24 to write, “Wretched man that I am! Who will deliver me from this body of death?”

Romans 8 begins in verse 1 with “There is now, therefore, no condemnation in Christ.” Paul transitions to talking about a believer who has the power of the Spirit living within them referencing the Spirit 22 times in Romans 8.

The stark contrast leads into Romans 8:12-17 where the Spirit brings life and where the Spirit testifies that we are sons and no longer slaves.

Do you remember trying to live life in your own power? After being saved by the power of the Spirit are you trying to live the Christian life in your own power?

1) The Spirit leads to life. (v. 12-13)

We are not to live focused on the flesh. What does the flesh mean?

In what ways do you find yourself tempted to live according to your flesh?

Read Romans 8:5 and then discuss what it means to set your mind on the things of the flesh. How is that contrary to setting our minds on the things of God and which are you doing?

Paul indicates that by the Spirit you put to death the deeds of the body. What steps can you take to rely on the power of the Spirit? What steps should you take to “put to death” your temptations?

Paul uses a very strong word in saying “put to death” our temptations. Have you made peace with any of your temptations? Do you need to go to war with your temptations?

2) The Spirit affirms our sonship. (v. 14-17)

Paul states that we must be led by the Spirit.

Think of a time when you were leading and someone didn’t follow. Remember the frustration and time wasted? Perhaps a time when you were driving in the lead and the followers did not keep up. Are you following the Spirit who is leading you to be more like Christ? If not, then why? Is it a lack of faith?

Read Romans 8:15: Do you have a Spirit of fear? Does your view of your earthly father help or hurt your view of your heavenly Father?

Do you see God as a loving Father who wants what is best for you, or as a rule enforcer looking to stamp you out? Which view is the biblical view and what do you need to do to bring your beliefs in line with what the Bible teaches?

Understanding that adoption is a biblical concept and that James references ministry to orphans as true and undefiled religion, have you ever considered foster care or adoption?

How many children need loving homes in your community and what can you and your church do to help?

Romans 8:16 tells us that the Spirit confirms our salvation by letting us know that we are children of God. Do you ever have doubts? Where do you think those doubts come from? How should understanding you have been adopted into the family of God cause you to respond to those doubts?

Romans 8:17 assumes that we must suffer with Christ in order to be glorified with him. Are you prepared to suffer or do you view Christianity as a religion of comfort and prosperity? Are you prepared to suffer? Is Christ really enough if serving Jesus costs you everything else?