



# UPSTATE GROUP GUIDE

*Through the Bible* | *November 24 -30* | *Romans 8:1-4*

## Things to Know

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## Studying God's Word *In Community*

*Reminder: Seek to understand and apply God's word, **not** rehash the sermon.*

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## Sermon Recap

### 1. The Verdict Is Final: No Condemnation in Christ

Through Jesus' finished work, God has issued a new and irreversible verdict over every believer—no condemnation. We do not live for acceptance but from acceptance, covered by Christ's righteousness.

## 2. The Spirit Sets Us Free From the Power of Sin

What the law could expose but never cure, the Spirit breaks. The “law of the Spirit of life” liberates us from the tyranny of sin and death and empowers a new way of living.

## 3. God Accomplished What We Never Could

By sending His Son “in the likeness of sinful flesh,” God condemned sin in Christ so that the righteous requirement of the law might be fulfilled both for us (in justification) and in us (through sanctification by the Spirit).

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## *Discussion Questions*

1. **What part of “no condemnation” is hardest for you to truly believe—and why?**
2. **In what ways do you still feel the pull of the “law of sin and death” in daily life?**
3. **How does knowing the law cannot save us deepen your gratitude for what God accomplished in Christ?**
4. **What does walking according to the Spirit look like for you right now? What habits help or hinder that walk?**
5. **How does this passage reshape the way you think about holiness, obedience, and spiritual growth?**

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## *Read*

**Read Romans 8:1-4 and make observations about the text.**

- What is God teaching us in the passage?
  - What does this reveal about who God is, what God has done, and how I should respond?
  - Which part of the text was most meaningful to you and why?
  - What do you need help understanding about this passage?
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# Scripture

## Romans 8:1-4

### Life in the Spirit

**8** There is therefore now no condemnation for those who are in Christ Jesus.[a] **2** For the law of the Spirit of life has set you[b] 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,[c] 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.

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Romans 8:1-4

## Living on Mission In Community

Romans 8:1–4 invites us to live each day resting in Christ’s finished work and relying on the Spirit’s ongoing power. You are no longer condemned, so you don’t have to live like someone carrying guilt, shame, or fear. You are no longer enslaved, so you don’t have to submit to the patterns and pressures of your old life. The Spirit now empowers you to pursue holiness not for approval but from assurance, not in fear but in freedom. The real question is this: What would your week look like if you truly lived as someone who is fully forgiven, deeply loved, and powerfully filled by the Spirit?

*How is God leading me to respond to His Word this week?*

## Optional Breakout Questions

*Consider making time at the end of the group to break out into groups of 2-4 (keep them gender specific). Have them answer these three questions about their weeks:*

1. How did you feed yourself?
  - *(What have you been doing to feed your spiritual life, and how is it going?)*
2. How did you feed others?
  - *(How did you share the gospel or gospel truth with someone this week?)*
3. How did you feed your flesh?

- *(What sins did you struggle with this week? How can your friends hold you accountable?)*

# ***Leader Resources - Nov 24-30***

## **Romans 8:1–4 — “No Condemnation: Life in the Spirit”**

### **1. SESSION OVERVIEW**

Romans 8 is one of the greatest chapters in all of Scripture—a mountaintop of gospel assurance. In Romans 8:1–4, Paul declares that because of Jesus Christ and His finished work, believers now live under a new verdict: no condemnation. God has done what we could never do. The law could expose sin but never save from sin. Jesus fulfilled the righteous requirement of the law and broke sin’s power so that we might walk in the Spirit.

This session explores the freedom, assurance, and power that comes from being united to Christ.

### **2. OPENING**

#### **(A) Prayer**

“Lord, thank You for the freedom that is ours in Christ. As we open Your Word, help us understand, celebrate, and live out what it means to be people who are no longer condemned. Let our hearts rest in the gospel. Amen.”

#### **(B) Icebreaker**

Break into groups of 2–3.

Ask:

“What’s something you’ve carried guilt or pressure for in the past that God has since freed you from? How did walking with Christ change that?”

Encourage soft vulnerability.

### **3. SCRIPTURE READING**

Have someone read aloud:

Romans 8:1–4

Ask the group to listen for repeated themes—verdict, law, Spirit, flesh, righteousness.

### **4. TEACHING POINTS (SYSTEMATIC WALKTHROUGH)**

#### **1. NO CONDEMNATION IN CHRIST (v. 1)**

Paul begins not with a command but a declaration.

“There is therefore now no condemnation for those who are in Christ Jesus.”

- No condemnation means no guilty sentence, no fear of judgment, no wrath remaining.
- It’s not less condemnation. It’s not delayed condemnation. It’s no condemnation—now.
- The verdict of the last day has been pulled into the present and pronounced over every believer.

This is the new status of everyone who is “in Christ Jesus,” united to Him by faith.

#### **2. A NEW POWER WITHIN US (v. 2)**

Paul shifts from verdict to power:

“The law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”

- The “law” here means principle or power.
- Before Christ, sin ruled like a tyrant.
- Now, the Holy Spirit brings life, freedom, change, and sanctification.

What God declares (v. 1), He begins to produce (v. 2).

#### **3. WHAT GOD DID THAT WE COULD NEVER DO (v. 3)**

“For God has done what the law, weakened by the flesh, could not do.”

- The law is holy, righteous, good—but powerless to save sinners because of our flesh.
- God’s solution: sending His Son “in the likeness of sinful flesh,” fully human, yet sinless.
- Jesus came as a sin offering—bearing our punishment, breaking sin’s power, satisfying God’s justice.

God dealt with our condemnation in Christ, not in us.

#### **4. THE RIGHTEOUS REQUIREMENT FULFILLED IN US (v. 4)**

Purpose:

“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.”

- Jesus fulfilled righteousness for us (justification).
- The Spirit fulfills righteousness in us (sanctification).
- The Christian life is not life by the flesh (our own effort) but life by the Spirit (God’s power).

The gospel doesn’t just free us from the penalty of sin—it frees us from the power of sin.

#### **5. DISCUSSION QUESTIONS**

1. What does “no condemnation” practically mean for your daily walk with Christ?  
Where do you still struggle to believe that verdict?
2. How do you see the “law of sin and death” still trying to exert influence in your life?  
How does the Spirit free you from it?
3. Why was the law powerless to save us?  
What does that reveal about both our sin and God’s grace?
4. What does it look like to walk according to the Spirit rather than the flesh?  
What practices help you stay in step with the Spirit?

5. How does knowing that Jesus fulfilled the law both for you and in you change how you approach holiness?

## **6. APPLICATION**

Romans 8:1–4 calls Christians to live with gospel confidence and Spirit-empowered obedience. You don't fight sin to earn God's acceptance—you fight sin because you already have God's acceptance. You don't walk in the Spirit to escape condemnation—you walk in the Spirit because condemnation is already gone. The more you rest in the finished work of Christ, the more you cooperate with the ongoing work of the Spirit. This week, intentionally renounce any lingering guilt the enemy tries to resurrect, and step forward in freedom, knowing your verdict is settled and your life is held by the Spirit.

## **7. CLOSING REFLECTION & PRAYER**

Reflection:

“Where do I live as though condemnation still has a voice? What would it look like to live entirely under the verdict of grace?”

Prayer:

“Father, thank You for Jesus. Thank You that there is no condemnation for those in Him. Help us walk by Your Spirit, trusting Your power and resting in Your verdict. Make us people of freedom, holiness, and joy. Amen.”

## **8. MEMORY VERSE**

Romans 8:1 —

“There is therefore now no condemnation for those who are in Christ Jesus.”

## **9. LEADER'S NOTES**

- Keep the conversation Christ-centered. Many will default to thinking about performance; always bring them back to the finished work of Jesus.
- Some may struggle with assurance—handle gently. Romans 8 is for weary Christians.
- Encourage practical examples of walking in the Spirit: Scripture, prayer, repentance, confession, community, and obedience.
- If the group opens up about sin struggles, affirm the safety of the gospel. Remind them: the power of the Spirit is greater than the power of the flesh.

