

ROMANS 8:1-8

October 9, 2016

You've probably heard this passage before, especially if you've struggled with feelings of condemnation as a believer. However, this passage is a bit more nuanced than we might initially think. The emphatic statement here is, "Those who are in Christ are no longer condemned!" Feelings to the contrary hinder the life of a believer. However, if you ever still feel condemned as a believer, the solution isn't just reading Romans 8:1 over and over again until you get it. Thus Paul, in verses 2-7, addresses the direction of your life in relation to condemnation. To live your life according to the flesh (directed towards yourself) brings about condemnation, "for to set the mind on the flesh is death." These feelings of condemnation often manifest as guilt and shame; you might feel bad about how little you pray or read scripture, or you might look at sin in your life and think you're just a bad Christian altogether.

However, in Philippians 3:3 Paul says a believer puts "no confidence in the flesh." If our confidence is in ourselves then we're doomed to these feelings. For believers who are experiencing feelings of condemnation, the solution is to have your life redirected from you, a source of no confidence, and back to Jesus, your only source of confidence. The solution isn't just to remember there's no more condemnation for those who are in Christ; it's to redirect your entire being towards Jesus as your only source of life and peace.

Understanding

- **Read Romans 8:1-8**
- **What does it mean to live according to the flesh?**
- **Why does setting your mind on the flesh bring death?**
- **How does setting your mind on the Spirit bring "life and peace"?**

Evaluating

- **When do you feel like you live according to your flesh?**
- **Look at verse 1. When do you struggle with feeling condemned by God?**
- **How does this passage address your feelings of condemnation?**

Applying

- **After reading this passage, what needs to change in your life?**



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