

Romans Chapter 8
Week 3, v.1-3

The NKJ version of Romans 8:1 ends with the words, “who walk not after the flesh, but after the Spirit”.

What does it mean when we hear the words walk in the Spirit?

Rom 8:14 For all who are being led by the Spirit of God, these are sons of God.

Gal 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

Titus 2:11-14 For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus; who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds.

What would it look like in your own life to be completely absorbed in Christ? Do you think it's possible? How does this work with the busyness of everyone's packed schedule? How do you keep focused?

Consider our discussion from last week and this week. Gather all the information you have discovered and reflect how embracing God's gift of salvation has changed you.

What are the thoughts that come to mind?

Think of a time when you have set a goal. How did you go about reaching that goal? What things did you do to be sure you were successful? What was your motivation?

If someone were to ask you to write down your most important goals, what would they be? What are you working towards? Where is God in those plans?

"The Holy Spirit longs to reveal to you the deeper things of God. He longs to love through you. He longs to work through you. Through the blessed Holy Spirit you may have: strength for every duty, wisdom for every problem, comfort in every sorrow, joy in His overflowing service"

T. J. Bach

Read Col 3:1-4

Read Romans 8:1 again. "The verse does not say "no mistakes" or "no failures," or even "no sins." Christians *do* fail and make mistakes, and they do sin. Abraham lied about his wife; David committed adultery; Peter tried to kill a man with his sword. To be sure, they suffered consequences because of their sins, but they did not suffer condemnation. Be Right (Romans): How to Be Right with God, Yourself, and Others; Warren Wiersbe

In Romans 7:24 Paul asks the question "Wretched man that I am! Who will set me free from the body of this death?" The answer to Paul's question is the *LIFE* we have *in Christ*. We will continue to explore what it means to have life in Christ through the next several verses.

Rom 8:2 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

Through Romans 8:1 we know there is no condemnation for those who are in Christ, Romans 8:2 answers the question 'Why'. Because we are set free from the penalty we owe. The guilty verdict has been removed from our record. The sentence of death and imprisonment to sin, forever has been forgiven.

For <gar> assigning a reason (used in argument, explanation or intensification) – and, as, because, but, even, for, indeed, no doubt, seeing, then, therefore, verily, what, why, yet.

What is 'the law of the Spirit of life in Christ'?

the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death – the gospel that delivers those who believe *from the slavery of sin and the condemning power of the law*. (emphasis from William Burkitt's Notes on the NT)

What happens to the *direction* of our life when God calls us to faith in Christ?

Think! When someone is freed from prison and they walk out of the locked doors and go through the walls, then they walk or even run in the opposite direction to get as far away as possible from where they have been. If they have been truly rehabilitated or reformed, they never walk into the confines of a prison again.

John 8:32, 36 and you shall know the truth, and the truth shall make you free. "If therefore the Son shall make you free, you shall be free indeed.

Rom 6:18, 22 and having been freed from sin, you became slaves of righteousness. But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life.

Gal 5:1 It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.

2 Cor 3:17 Now the Lord is the Spirit; and where the Spirit of the Lord is, [there] is liberty.

What does it mean for something to be free? To be given liberty?

Free <eleutheroo> to liberate, to deliver, to make free

Free: 1. costing nothing, requiring no money to be paid; 2. not kept prisoner, not or no longer physically bound or restrained as in slavery; 3. not restricted in rights, not subject to censorship or control by a ruler, government, or other authority;

Free: (adj) liberated, released

- released from enemy control

The triumph of believers over their inward corruption, through the power of Christ's Spirit in them, proves them to be in Christ Jesus, and as such absolved from condemnation. (Jamieson-Fausset-Brown Commentary)

Romans 8:3 continues to explain this thought –

Rom 8:3 For what the Law could not do, weak as it was through the flesh, God [did:] sending His own Son in the likeness of sinful flesh and [as an offering] for sin, He condemned sin in the flesh,

Think about this: Are you able to do everything you set out to do? Do you *always* have the right thoughts, the right responses and the right actions? Why is this impossible?

We are weak – our mind is weak, our body is weak. As hard as we might try to do everything right, we are unable to do things perfectly. We might know what to do but we fight with sin.

The law is weak not in itself but because it depends on humans to carry it out to perfection which is impossible. The words *could not do* mean it is unable to do, impossible, incapable, ineffective.

So why is the law unable to set us free? Because our flesh is weak or feeble: we lack physical and mental strength to carry out the law to its perfection. In order for the law to save, it requires us to perfectly fulfill it – something we can never accomplish. The law itself is good being designed by God; however, sinful men are unable to obey and observe the law of God perfectly.

Rom 7:14-18 For we know that the Law is spiritual; but I am of flesh, sold into bondage to sin. For that which I am doing, I do not understand; for I am not practicing what I [would] like to [do,] but I am doing the very thing I hate. But if I do the very thing I do not wish [to do], I agree with the Law, [confessing] that it is good. So now, no longer am I the one doing it, but sin which indwells me. For I know that nothing good dwells in me, that is, in my flesh; for the wishing is present in me, but the doing of the good [is] not. Keep reading through the end of the chapter...

Acts 13:39 and through Him everyone who believes is freed from all things, from which you could not be freed through the Law of Moses.

Rom 3:20 because by the works of the Law no flesh will be justified in His sight; for through the Law [comes] the knowledge of sin.

2 Cor 5:21 He made Him who knew no sin [to be] sin on our behalf, that we might become the righteousness of God in Him.

What do we learn in verse 3 of Romans 8?

- 1) The Law was weak because people are weak
- 2) God sent His own Son, Jesus
- 3) He made Him in the likeness of sinful flesh though He knew no sin [Phil 2:7](#)
- 4) Jesus is the perfect offering for sin [John 1:29](#)
- 5) Through Jesus' death and resurrection, we are set free from the control of sin

The design and object of the incarnation and sacrifice of Christ was to condemn sin, to have it executed and destroyed; not to tolerate it as some think, or to render it subservient to the purposes of his grace, as others; but to annihilate its power, guilt, and being in the soul of a believer. Adam Clarke's Commentary

...the sacrifice of Christ has not only condemned sin as being evil, but has weakened its power and destroyed its influence, and will finally annihilate its existence in all who are saved by that death. Albert Barnes' NT Commentary

Application Questions

Review what you have studied so far in verses 1 through 3 then prayerfully consider the following questions as you seek to apply God's word to your life and circumstances.

1. Read Rom 8:14, Gal 5:16 and titus 2:11-14. according to these scriptures, what does it mean to walk in the Spirit?

2. What does walking in the Spirit look like during your busy day? Think of one activity you participate in each day, i.e. phone calls, driving, changing diapers, making a meal, etc., how can you do this while still having a mindset on Christ?

3. What things help you remain focused on Christ throughout your day? Whether you are having a 'challenging' day or one that is running smoothly?

4. Take some time to think once again about how God has changed you. Write down the blessings you see right now in your life?

5. Most of us work hard and have packed schedules, many responsibilities at home, at work, even at church. What is your purpose in each day?

6. Read Col 3:1-3. Think about your priorities. Do they include God – not just in word but in action? How do your actions point towards God? What are you working towards? Who are you working for?

7. According to Romans 8:2, what have you been set free from?

8. Read Romans 7:14 through the end of the chapter and Acts 13:39. Why didn't the law work to set us free?

9. What additional thoughts came to mind as you read these verses? How is God's word touching your heart? How is His truth transforming your life?