**FREE TO LIVE BY THE SPIRIT**

Romans 8:1-17

Key Verse 8:1-2

*Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you a free from the law of sin and death.*

1. Why is there no condemnation for those who are in Christ Jesus? (8:1; 7:6[[1]](#footnote-1)) What does this mean?
2. What does it mean that the law of the Spirit of Life set us free from the law of sin and death? [[2]](#footnote-2) (2; 7:21-23) Why was the Mosaic Law unable to set us free from the law of sin and death?[[3]](#footnote-3) (3a) How has God solved this problem for us? (3b-4a) Now, how can believers overcome their flesh/sinful nature? (4b)
3. Read verses 5-8. What does it mean to live according to the flesh/sinful nature? What is the mind like of sinful man? Why is the sinful mind hostile to God? Why can it neither please God nor bring us peace? What does it mean to live in accordance with the Spirit? What is the mind like of someone who are controlled by the Spirit?
4. Who controls the believer? (9) What is the result if Christ’s Spirit is living in us? (10) What does it mean that we have mortal bodies? (11) And that the Spirit gives life to our mortal bodies through His Spirit who lives in us?
5. To whom do we have an obligation? (12) What is the result of being led by the sinful nature? (13a) Of being led by the Spirit? (13b-14) How can we know that we are children? (15-16) What is our heritage as children of God?
1. "Therefore" introduces a conclusion based on everything that Paul wrote from chapter 3 on, not just chapter 7. It continues the thought that Paul broke off in 7:6. [↑](#footnote-ref-1)
2. Paul used "law" here in the sense of "principle" (cf. 7:23). He was not referring to the Mosaic Law (cf. 7:21). Both the Spirit and sin and death are called the law because of the constancy of their influence and action. Without the Spirit within as a law of life, there would be no way to break free from the law of sin and death that reigns our sinful nature. For the new self has no power within himself apart from the Holy Spirit to overcome the sinful nature. [↑](#footnote-ref-2)
3. The Law could not condemn sin. It could only identify it. Consequently God sent His own Son to condemn sin. [↑](#footnote-ref-3)