



4/5/26 Sermon Discussion Guide

A Journey Through Romans, Part 8

A Quick Summary to Read Aloud:

Romans 8 reminds us that because of Jesus, we no longer live under condemnation. What the law could never accomplish, God has done through His Son. Jesus took sin upon Himself, rose in victory, and now gives His Spirit to all who trust in Him. That means the Christian life is not powered by self-effort, but by the presence and work of the Holy Spirit from the inside out.

This chapter also shows us that following Christ does not remove all suffering, weakness, fear, or struggle. Instead, it gives those things a new context. We are no longer slaves to fear because we have been adopted into the family of God. We are no longer abandoned in weakness because the Spirit intercedes for us. We are no longer hopeless in suffering because God is at work even there, and future glory is greater than present pain.

Romans 8 calls us to respond to the truth of the empty tomb with faith and surrender. If Christ is risen, then our lives can truly be changed, our burdens can truly be lifted, and our future can truly be secure. Because of Jesus, we are not merely surviving life. In Him, we are more than conquerors, and nothing can separate us from the love of God in Christ Jesus our Lord.

A Short Prayer to Start:

Father, thank You that in Christ there is no condemnation. Thank You for sending Your Son to do what we could never do for ourselves, and thank You for giving us Your Spirit to live within us. Help us today to hear Your truth clearly and respond with faith. Teach us to walk by the Spirit, trust You in suffering, lay down our fear, and rest in Your unchanging love. In Jesus' name, Amen.

Ice Breaker

What is one burden, fear, or struggle that people commonly carry around even when they do not have to? Why do you think it is so hard for people to truly live like they are free?

Key Verses to Read

All of Romans 8

Three Questions for the Family/Lifegroup:

- Romans 8 begins by declaring that there is now no condemnation for those who are in Christ Jesus. Why is that truth so important for believers to remember? In what ways are people tempted to keep carrying guilt, shame, or spiritual weight that Jesus has already removed?
- Paul teaches that the Holy Spirit works in believers from the inside out and that we have been adopted into the family of God. How does that change the way we think about obedience, identity, and fear? Where do you most need to stop letting fear lead and start trusting your Father?
- Romans 8 says that suffering is real, weakness is real, and the future can feel uncertain, yet God is still at work in all things for good. How does that give you hope in this season of life? What would it look like this week to trust that God is present and working even in something hard that you do not fully understand?

A Simple Weekly Challenge:

Read Romans 8:1, Romans 8:15, Romans 8:26, Romans 8:28, and Romans 8:38-39 every day this week. Ask God to show you one area where you are still living under fear, shame, or self-reliance instead of walking in the freedom of the Spirit. Each day, respond by surrendering that area to God in prayer and taking one practical step of trust, obedience, or rest based on the truth of Romans 8.

Ending Prayer

Lord, thank You that because of Jesus we are no longer condemned, abandoned, or alone. Thank You for the gift of Your Spirit, for the assurance of Your love, and for the promise that You are working all things together for good. Help us to live as Your sons and daughters, to trust You in weakness and suffering, and to walk in the confidence that nothing can separate us from Your love. Make us people who live in surrender, hope, and faith. In Jesus' name, Amen.