


Day 1

 Please pray for holy guidance and insight before you begin today's study.

Psalm 1:1-2 [NIV]

¹ Blessed is the one . . . ² . . . whose delight is in the law of the Lord, and who meditates on his law, day and night.

Q1. Thinking back upon the past chapters (Romans 1-7) we've studied, what were some general themes of Paul's teaching? Briefly:

Romans 5:18-21

¹⁸ Consequently, just as the result of one trespass was condemnation for all men, so also the result of one act of righteousness was justification that brings life for all men. ¹⁹ For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous. ²⁰ The law was added so that the trespass might increase. But where sin increased, grace increased all the more, ²¹ so that, just as sin reigned in death, so also grace might reign through righteousness to bring eternal life through Jesus Christ our Lord.

Romans 7:12

So then, the law is holy, and the commandment is holy, righteous, and good.

No Condemnation For Those Who Believe

¹ Therefore, there is now no condemnation for those who are in Christ Jesus,
² because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

Q2. How does the dictionary define "condemnation"? Who is condemned?


Condemnation?

Who is (will be) condemned?


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Q3. How can someone be “in Christ Jesus”?

Q4. How would you explain (or describe) the “law of the Spirit of life”?

 **The law of the Spirit of life:** “A phrase defining more fully the mode in which the union with Christ becomes operative in the believer. It begins by imparting to [him/her] the Spirit of Christ; this Spirit creates within [him/her] a law; and the result of that law is life — that perfect spiritual vitality which includes within itself the pledge of immortality.” [©about 1880, *Ellicott's Commentary for English Readers*, edited by Charles J. Ellicott. <https://biblehub.com/commentaries/romans/8-2.htm>]

Q5. What is the “law of sin and death”?

 **The law of sin and death:** “The controlling influence of sin, leading to death and condemnation; Romans 7:5-11.” [©1834, *Notes on the Bible* by Albert Barnes. <https://biblehub.com/commentaries/romans/8-2.htm>]

Q6. [Apologetics] How would you explain to a non-believer (or even a new Believer) that the “law of the Spirit of life set me free from the law of sin and death”?

Romans 7:5-12 [The Message (MSG); a paraphrase]

[See previous StudySheet: [Lesson 10 / Romans 7:1-25, pages 4-8](#)]

⁵⁻⁶ For as long as we lived that old way of life, doing whatever we felt we could get away with, sin was calling most of the shots as the old law code hemmed us in. And this made us all the more rebellious. In the end, all we had to show for it was miscarriages and stillbirths. But now that we’re no longer shackled to that domineering mate of sin, and out from under all those oppressive regulations and fine print, we’re free to live a new life in the freedom of God.

⁷ But I can hear you say, “If the law code was as bad as all that, it’s no better than sin itself.” That’s certainly not true. The law code had a perfectly legitimate function. Without its clear guidelines for right and wrong, moral behavior would be mostly guesswork. Apart from the succinct, surgical command, “You shall not covet,” I could have dressed covetousness up to look like a virtue and ruined my life with it.

⁸⁻¹² Don’t you remember how it was? I do, perfectly well. The law code started out as an excellent piece of work. What happened, though, was that sin found a way to pervert the command into a temptation, making a piece of “forbidden fruit” out of it. The law code, instead of being used to guide me, was used to seduce me. Without all the paraphernalia of the law code, sin looked pretty dull and lifeless, and

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(continued) I went along without paying much attention to it. But once sin got its hands on the law code and decked itself out in all that finery, I was fooled, and fell for it. The very command that was supposed to guide me into life was cleverly used to trip me up, throwing me headlong. So, sin was plenty alive, and I was stone dead. But the law code itself is God's good and common sense, each command sane and holy counsel.


Romans 7:21-25 [The Message (MSG); a paraphrase]

²¹⁻²³ It happens so regularly that it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge.

²⁴ I've tried everything and nothing helps. I'm at the end of my rope. Is there no one who can do anything for me? Isn't that the real question?

²⁵ The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

Day 2

 Please pray for holy guidance and insight before you begin today's study.

^{3a} For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering.

Q7. Why is a sin offering necessary? (See the excerpts from Leviticus 4 ↓)

Hebrews 9:22 [NIV-1984]

In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.

Revelation 1:1-2; 5:1-10 [International Children's Bible (ICB)]

[The Apostle John wrote the Book of Revelation.]

^{1:1} The revelation of Jesus Christ, which God gave him to show his servants what must soon take place. He made it known by sending his angel to his servant John, ² who testifies to everything he saw — that is, the word of God and the testimony of Jesus Christ. . . .

^{5:1} Then I [the Apostle John] saw a scroll in the right hand of the One [the Lord God Almighty] sitting on the throne. The scroll had writing on both sides. It was kept closed with seven seals. ² And I

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saw a powerful angel. He called in a loud voice, “Who is worthy to break the seals and open the scroll?”

³ But there was no one in heaven or on earth or under the earth who could open the scroll or look inside it. ⁴ I cried and cried because there was no one who was worthy to open the scroll or look inside.

⁵ But one of the elders said to me, “Do not cry! The Lion [Christ Jesus] from the tribe of Judah has won the victory. He is David’s descendant. He is able to open the scroll and its seven seals.”

⁶ Then I saw a Lamb [Christ Jesus] standing in the center of the throne with the four living things around it. The elders were also around the Lamb. The Lamb looked as if he had been killed. He had seven horns and seven eyes. These are the seven spirits of God that were sent into all the world.

⁷ The Lamb came and took the scroll from the right hand of the One sitting on the throne.

⁸ After he took the scroll, the four living things and the ²⁴ elders bowed down before the Lamb. Each one of them had a harp. Also, they were holding golden bowls full of incense. These bowls of incense are the prayers of God’s holy people.

⁹ And they all sang a new song to the Lamb: “You are worthy to take the scroll and to open its seals, because you were killed; and with the blood of your death, you bought men for God from every tribe, language, people, and nation. ¹⁰ You made them to be a kingdom of priests for our God. And they will rule on the earth.”


Q8. How would you explain the phrase “God . . . [sent] his own Son in the likeness of sinful man”? (refer to Philippians 2:6-8 ↓)

Philippians 2:5-11 [NIV-1984]

⁵ Your attitude should be the same as that of Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be grasped, ⁷ but made himself nothing, taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself and became obedient to death — even death on a cross!

⁹ Therefore God exalted him to the highest place and gave him the name that is above every name, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Q9. Do we as Believers have a “sin offering”?

 Note to the Leviticus passage (↓): God prescribed a number of different “sin scenarios” for which the Jews needed to sacrifice an animal to atone for their sin. The death of an animal as a sacrifice for the person’s sin, and as a substitute for the person himself, demonstrated to Jews the grave consequence of sin separating the person from the pure and perfect Lord God Almighty, The Creator, Yahweh, Jehovah. While animal sacrifice continued for many hundreds of years throughout Old Testament history, it finally ended when Christ Jesus was crucified – Jesus was the final sin sacrifice once and for all – for all who believe in His saving grace! Praise GOD! Praise JESUS!

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Leviticus 4:1-3, 13-14, 21, 22-24, 27-28, 32-35 [NIV-1984]

¹ The LORD said to Moses, ² "Say to the Israelites: 'When anyone sins unintentionally and does what is forbidden in any of the LORD's commands – ³ " 'If the anointed priest sins, bringing guilt on the people, he must bring to the LORD a young bull without defect as a sin offering for the sin he has committed. . .


¹³ " 'If the whole Israelite community sins unintentionally and does what is forbidden in any of the LORD's commands, even though the community is unaware of the matter, they are guilty. ¹⁴ When they become aware of the sin they committed, the assembly must bring a young bull as a sin offering and present it before the Tent of Meeting. . . ²¹ This is the sin offering for the community.

²² " 'When a leader sins unintentionally and does what is forbidden in any of the commands of the LORD his God, he is guilty. ²³ When he is made aware of the sin he committed, he must bring as his offering a male goat without defect. . . ²⁴ It is a sin offering. . .

²⁷ " 'If a member of the community sins unintentionally and does what is forbidden in any of the LORD's commands, he is guilty. ²⁸ When he is made aware of the sin he committed, he must bring as his offering for the sin he committed a female goat without defect. . .


³² " 'If he brings a lamb as his sin offering, he is to bring a female without defect. ³³ He is to lay his hand on its head and slaughter it for a sin offering at the place where the burnt offering is slaughtered.

³⁴ Then the priest shall take some of the blood of the sin offering with his finger and put it on the horns of the altar of burnt offering and pour out the rest of the blood at the base of the altar. ³⁵ He shall remove all the fat, just as the fat is removed from the lamb of the fellowship offering, and the priest shall burn it on the altar on top of the offerings made to the LORD by fire. In this way the priest will make atonement for him for the sin he has committed, and he will be forgiven.

 If a student is interested in pursuing these rites, the God-ordained sacrifices and offerings continue in Leviticus 5.

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Day 3


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^{3b} And so he condemned sin in sinful man, ⁴ in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

Q10. What are the “righteous requirements of the law”? And how are they “fully met in us”?

“Righteous requirements of the law”?

How are they “fully met in us”?

 **That the righteousness requirements of the law:** “That we might be conformed to the Law, or be obedient to its requirements, and no longer under the influence of the flesh and its corrupt desires.” [©1834, Notes on the Bible by Albert Barnes. <https://biblehub.com/commentaries/romans/8-4.htm>]

 **Might be fully met in us:** “That we might be obedient, or comply with its demands.” [Ibid.]

⁵ Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

Romans 7:15


I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Q11. Paul wrote in Romans 7:15 (↑) “what I hate, I do”. Did Paul (or do you or I) have our “minds set on what the Spirit desires”?

Yes? }
No? } Why?

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Day 4

 Please pray for holy guidance and insight before you begin today's study.

⁶The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; ⁷the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. ⁸Those controlled by the sinful nature cannot please God.

Q12. Verse 6: When Paul uses the phrase “sinful man [person]” to whom is he referring?

Believers? Unbelievers? Others? Why?

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Q13. Verse 6: Paul seems troubled as he writes these thoughts. Do we think that Paul's “mind [is] controlled by the Spirit”? (His writing doesn't seem to be at “peace”.) Why might Paul be troubled?

Yes? } Why?
No? }

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Q14. Verse 6: Do you believe that “the mind controlled by the Spirit is life and peace”? How so?

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Ephesians 1:13-14

¹³ And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession – to the praise of his glory.

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Q15. Verse 6: If you are a Believer, compare your life today to that of your life before you came to Christ. Do you find yourself more at peace?

My life before belief?

My life after belief?

Comparison summary?

Are you more at peace now compared to before?

Q16. Many people struggle with verse 8 ("Those controlled by the sinful nature cannot please God"), even some church-goers. How do you explain verse 8?

Q17. An unbeliever (who has heard about Jesus, but does not want Jesus) does great philanthropic deeds to help people in need; can this unbeliever "please God"? [Hint: does God grade on a curve or on a pass/fail basis?]

Yes? } Why?
No? }

John 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

Matthew 7:21-23 [(NIV-1984)] [Jesus said,]

"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?'


Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!'

James 2:26 [NIV-1984]

²⁶ As the body without the spirit is dead, so faith without deeds is dead.


Lesson 11: Romans 8:1-17

Day 5

 Please pray for holy guidance and insight before you begin today's study.

⁹You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.

Q18. What does this mean, “And if anyone does not have the Spirit of Christ, he does not belong to Christ”?

 See Ephesians 1:13-14 (↑) and Matthew 7:21-23 (↑).

¹⁰But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. ¹¹And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.

Q19. How do you explain this promise? (Or do you see multiple promises?)

Is there a promise(s) in vs 10?

Is there a promise(s) in vs 11?

Explanation?

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¹² Therefore, brothers, we have an obligation — but it is not to the sinful nature, to live according to it. ¹³ For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, ¹⁴ because those who are led by the Spirit of God are sons of God.

Q20. Verse 12: What is our “obligation”?

Q21. Verse 13: How do “you put to death the misdeeds of the body”?


Q22. Do you consider yourself to be a “[child] of God”?

Yes? }
No? } Why?

 “This life in the Spirit implies a special relation to God — that of sons [or daughters]. I say of sons [or daughters]; for when you first received the Holy Ghost it was no spirit of bondage and reign of terror to which you were admitted, but rather the closest filial relation to God. This filial relation is attested by the Divine Spirit endorsing the evidence of our own consciousness, and it includes all that such a relation would naturally include — sonship, heirship, nay, a joint-heirship in the glory of Christ, who is Himself pre-eminently the Son.” [©about 1880, Ellicott's Commentary for English Readers, edited by Charles J. Ellicott. <https://biblehub.com/commentaries/romans/8-14.htm>]

Lesson 11: Romans 8:1-17

Day 6

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¹⁵ For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children.

Q23. Who might be a "slave . . . to fear"?

Believers? Unbelievers? Other?

Why?

Q24. Briefly, how do you interpret the phrase "received the Spirit of sonship"?

 "Romans 8:15: The Greek word for '*received the Spirit of sonship*' is a term referring to the full legal standing of an adopted male heir in Roman culture; also, in verse 23." [The NIV version includes this footnote to verse 15.]

Q25. How do you feel knowing that through your belief in Christ Jesus you are an adopted son or daughter, and that the Lord God Almighty is truly your dad, and that Jesus is your brother?

Romans 8:26


In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.

Mark 14:36 [NIV-1984] [Jesus prayed,]

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

Galatians 4:6 [NIV-1984] [Paul wrote to the church in Galatia:]

Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father."

 I have seen different translations of "Abba, Father". One translation is "Father, dear Father" and another is "Daddy! Father!" We are all different. As for me, I begin most of my prayers with "Abba, Father" because it places me in a young child-to-Father relationship that is as full of trust as a young child can experience. [Continued (↓)]

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When I go before God in prayer, I want to approach Him with the trusting attitude of a four-year old to his dad, to his perfect Father.

As an aside, when my daughters were little, they thought that I could ‘walk on water’! At the time I so wanted to bottle-up their adoration, because I knew it was simply a matter of time — a short period of time as it turned-out — before they began to discover my numerous flaws. These flaws that mark my life — sinful behavior, actions or inactions, and words said or left unsaid — were like lead weights around the waist of a scuba diver (weights serve to overcome the natural buoyancy of the diver’s body and equipment, so the diver can sink more easily).

In actuality, could this dad ‘walk on water’? Never! That said, before I came to believe in the saving grace of Christ Jesus, my sins were the lead weights that made me sink to the bottom of the sea. And while I didn’t recognize it — this was before I came to faith in the saving grace of Christ Jesus — I was on the seafloor drowning in my sins. Thank You, Jesus, for rescuing me! For throwing Your life-ring to me! Praise Jesus!

¹⁷ Now if we are children, then we are heirs — heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Q26. Do you consider yourself an “heir” of God? What do Galatians 3:28-29 (↓) and 4:6-7 (↓) mean to you?

Heir of God? Yes? No? Why?

Summary of Galatians 3:28-29?

Summary of Galatians 4:6-7?

Galatians 3:28-29 [NIV-1984]

²⁸ There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.

²⁹ If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

Galatians 4:6-7 [NIV-1984]

⁶ Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." ⁷ So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.

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