

# Small group optional guide: Romans series: No Condemnation Romans 8:1–11

## UP; we grow in our love for Jesus through the word & worship

**WORD:** Life in the Spirit – No Condemnation Romans 8:1–11

Many people carry a quiet question: Am I really okay—with God, with my past, with my future? Romans 8 opens with a decisive answer that reshapes identity before addressing behaviour:

“There is therefore now no condemnation for those who are in Christ Jesus.” (v.1)

This is not about feeling better; it is a legal verdict. In Christ, guilt has been dealt with, the sentence has been lifted, and the standing before God is secure. Not reduced guilt. Not probation. No condemnation. Everything hinges on being “in Christ Jesus.”

This passage describes two realms of life, not two levels of effort:

- Life according to the flesh
- Life according to the Spirit

These are not simply behaviours but sources of power and direction. The decisive question is not how well someone performs, but where they belong. Being “in Christ” means a transfer of realms—onto a new way of life powered by the Spirit and headed toward life.

God accomplished what the law could never do:

“For God has done what the law, weakened by the flesh, could not do... he condemned sin in the flesh.” (vv.3–4)

The law reveals sin but cannot remove it. God sent his Son in true humanity to deal with sin decisively. Sin was judged, not excused, and the judgment fell on Christ so that the righteous requirement of the law might be fulfilled in those who now walk by the Spirit. Grace is not leniency toward sin; it is God’s costly rescue of sinners.

Paul then gives a diagnostic of direction:

“Those who live according to the flesh set their minds on the things of the flesh... those who live according to the Spirit set their minds on the things of the Spirit.” (v.5)

“Flesh” is life lived independently from God—self-directed, self-trusting. “Spirit” is life oriented toward God—dependent, responsive, surrendered. This is about mindset and direction, not perfection. Where does the heart return? What is treasured and nurtured?

“To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.” (v.6)

(...continued)

The contrast is stark because the destinations are different. Life apart from God cannot please God (v.8). But for those in Christ, a new reality exists:

“You... are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you.” (v.9)

The presence of the Spirit is the mark of belonging to Christ. And this Spirit brings unshakable hope:

“If the Spirit of him who raised Jesus from the dead dwells in you... he will also give life to your mortal bodies.” (v.11)

The same power that raised Jesus now dwells in believers. The story does not end with struggle or death but with resurrection life.

### Discussion Questions:

- How does this verdict from God shape the Christian
- What is the difference between Satan’s “there is now no condemnation” and God’s “There is now no condemnation in Christ Jesus”, and how does it impact our lives?
- What would it look like to grow in a mind set on the Spirit?
- Does Paul’s picture of a future hope excite you?

### Worship songs from Sunday:

O praise the name / Mighty name of Jesus / Who you say I am / Rest on Us

### IN; we connect and learn to love one another

On Sunday we had a big response that I encourage you to pray into, especially for those in your group who responded and still need breakthrough:

Dave “if he can save me he can save anyone”

Laurence “words of knowledge healing: Kidney stone / Torn cartilage / Skin cancers / Brain aneurysm – headaches / crushed foot

Sue faith to see God heal the broken hearted

Ed “water wheel that’s stuck, need a jolt, move of the Spirit”

### OUT; we reach out to show people outside of JCC that God loves them

Have a look at the other page for 2 fantastic opportunities for Small Group fellowship and outreach!

# OUT; we reach out to show people outside of JCC that God loves them

BOOK NOW

JUBILEE COMMUNITY CHURCH

**GUINNESS**  
**MAGNATIONS**

Saturday 7<sup>th</sup> March | 4 - 8pm

All Welcome | Food Provided | £5

JUBILEE COMMUNITY CHURCH

## JFW Connect & Create

Meet new people, make something new

Saturday 14<sup>th</sup> March | 7:30 - 9:30pm

sign up now

## Jubilee for Men - JFM

This is an opportunity for families and friends to come together and watch the match between England and Italy of The Six Nations Rugby Tournament. Doors will be open at 4pm and kick off is at 4:40pm. Burgers/Sausages will be served before the match starts. All ages welcome.

Please sign up for this event for £5 so that we can ensure we purchase sufficient food for everyone.

**Both of these events would make for fantastic Small Group socials but also ways to invite your friends, neighbours and connections to come and experience our church without any stereotypical religious hurdles that may prevent someone from accepting your invitation.**

## Jubilee for Women - JFW

This is a brilliant way to connect with other women who are part of JCC but also an opportunity to invite friend and neighbours to join for some creative fun and fellowship.

The café will be open and there will be options of creative fun to choose from.

Please go to our website calendar, go the Featured events and sign up.

**CALENDAR** **CONTACT US**

Date	Event	Date	Event
7	<input checked="" type="checkbox"/> JFM Six Nations BBQ 4:00pm	8	Pre Service Prayer 9:15am Sunday Service 10:00am <input checked="" type="checkbox"/> Joining JCC Course 10:15am Cluster leaders meeting 12:00pm
14	Men's Prayer 7:30am <input checked="" type="checkbox"/> JFW Connect and Create 7:30pm	15	Pre Service Prayer 9:15am Sunday Mother's Day Service 10:00am Summer term courses sign up 10:00am