



## **A Person Set Free by Christ** Romans 8

### **Be confident, not ashamed because I am set free from condemnation, sin and death.**

Romans 8:1-4

- **Confident because no fear of death** (v.2), Romans 8:23
- **Confident because no sin can control me** (v.3)
- **Confident because the law is fulfilled in me** (v.4)

### **Be focused, not distracted because I am set free by my mind set on the Spirit of God.**

Romans 8:5-8; Colossians 3:1-4; I Corinthians 2:10-16; Philippians 4:7, 8

- **Focus my mind on the things of the Spirit** (v.5)
- **Focus so I live in peace** (v.6)
- **Focus so I please God** (v.7-8)

### **Be empowered, not discouraged because I am set free to live in the power of the Spirit of God.**

Romans 8:9-13

- **Empowered by the Spirit dwelling in me** (v.9)
- **Empowered to overcome a sin-weakened body** (v.10)
- **Empowered to be raised up into heaven in the future** (v.11)
- **Empowered to live a righteous life today** (v.12-13)

### **Be loved in Christ, not fearful because I am adopted as a child of God.**

Romans 8:14-17

- **Loved to cry and be accepted by God as my daddy** (v.14-15)
- **Loved to be reassured I am His child** (v.16)
- **Loved to be a co-heir with Christ** (v.17)

## Digging Deeper

In Romans 7:24 Paul asked the great question, “who will set me free from the body of this death?” Now in Romans 8, we find that answer is Jesus Christ. Here we discover the traits of this new life that is now set free. Jesus helps us overcome some of the most difficult aspects of our life. That includes feeling ashamed, blamed, distracted, lacking focus, discouraged and unaccepted. Jesus came to set us free from sin which is the root cause of these issues.

### LifeGroup Discussion:

- As you reflect on your own spiritual journey, from what has Jesus set you free?  
From what else would you like for Him to set you free?
- Confidence and boldness is one quality Jesus desires for us. What promise does God give us to make us “confident” in Philippians 1:6? What kind of relationship did Paul enjoy with the Philippian believers according to Philippians 1:7, 8? How does that give a person strength?
- Jesus has set us free from death. What happens to us after death according to Philippians 3:20-21?  
How does that encourage you?
- A mental focus on Christ and His Word is essential to be set free from the things of this world. According to Romans 8:5-8, what are we not to have our minds set on? What kind of things would that include? What kind of things are we supposed to set our minds on?
- Read Colossians 3:1-4. What should you set your mind on? How can that encourage you?
- Read Philippians 4:7-8. On what else should we focus our minds?
- We are not to live this Christian life in our own faith. We need the power of the Spirit.  
According to Romans 8:9, where does the Spirit dwell? Does a nonbeliever have the Spirit of God?
- Read I Corinthians 2:10-16. How does the Holy Spirit help you in the study of the Bible? Why is it impossible for a nonbeliever to fully comprehend the Bible?
- Read Romans 8:14-17. This is a powerful truth.  
What kind of relationship does God want to have with you through Jesus Christ?
- Can you see how an earthly father can either help or hinder our view of God as Father?
- How does this relationship as a child of God encourage your faith?

### Next Steps:

1. **Is Romans 8 a difficult passage for you to accept? Do you feel stuck in guilt and shame as a Christian?**  
Consider one of Calvary’s Care Ministries opportunities to find healing. To find out more about Celebrate Recovery, Support Groups, and Counseling, call 714.550.2390 or visit [calvarylife.org/care](http://calvarylife.org/care)
2. **Do you want a resource to help set your mind on the things of the Spirit (Romans 8:5)?**  
Visit Calvary’s Resource Pastor, Randy Harris at the Calvary Corner Bookstore for helpful tools. You can also contact Randy at [rharris@calvarylife.org](mailto:rharris@calvarylife.org) or 714.550.2159.
3. **Take the next step in connecting and building friendships with other followers of Jesus at Calvary by joining a LifeGroup.** Contact Laura Copeland at [lcopeland@calvarylife.org](mailto:lcopeland@calvarylife.org) or at 714.550.2398 to find a LifeGroup that will fit your schedule and interest. Learn more at [calvarylife.org/lifegroups](http://calvarylife.org/lifegroups)