

Word

WITH REV STEFANIE OH

Romans 8 Ep 2

English Worship Service

28 Sep 2025

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 free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

ROMANS 8.1-4

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.

ROMANS 8.5-8

You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And 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 because of his Spirit who lives in you.

ROMANS 8.9-11

*'The Lord had said to Abram, 'Go from your country, your people
and your father's household to the land I will show you.
I will make you into a great nation,
and I will bless you;
I will make your name great,
and you will be a blessing.
I will bless those who bless you,
and whoever curses you I will curse;
and all peoples on earth
will be blessed through you.'*

GENESIS 12.1-3

NEW EXODUS

1. Israel sins and falls short
2. God rescues Israel
3. God gives or reminds Israel of the Law
4. God comes to dwell

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RULE 1:

***Take special care to discover the main thrust of the verse,
paragraph or chapter***

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“There is now no condemnation...” (8.1)

because...

**“the righteous requirement of the law [has been] fully met in us.”
(8.4)**

(7) The holy righteous and good law that promised to bring life had instead resulted in death


(8.1) Therefore, there is now no condemnation

Because... (8.2-11) God has dealt with the situation

(7) The holy righteous and good law that promised to bring life had instead resulted in death

(8.1) Therefore, there is now no condemnation

Because... (8.2) through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death



Because... (8.3) what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering



Because... (8.4a) the righteous requirement of the law [*has been*] fully met in us

Nevertheless, in order that sin might be recognised as sin, it used what is good to bring about my death, so that through the commandment sin might become utterly sinful.

ROMANS 7.13

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 CORINTHIANS 5.21

condemnation = a sentence or judgement of damnation

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“There is now no condemnation...” (8.1)

because...

“he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.” (8.11)

RULE 1:

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“There is now no condemnation...” (8.1)

because...

“God’s Spirit dwelling in you will give resurrection life to your body.” (8.11)

Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.' By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

JOHN 7.38-39

RULE 1:

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RULE 2:

Pay close attention to connecting words

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 free from the law of sin and death.

ROMANS 8.1-2

'Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished.

MATTHEW 5.17-18

‘You have heard that it was said to the people long ago, “You shall not murder, and anyone who murders will be subject to judgment.” But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, “Raca,” is answerable to the court. And anyone who says, “You fool!” will be in danger of the fire of hell.

MATTHEW 5.21-22

A person is not a Jew who is one only outwardly, nor is circumcision merely outward and physical. No, a person is a Jew who is one inwardly; and circumcision is circumcision of the heart, by the Spirit, not by the written code...

ROMANS 2.28-29

Circumcision has value if you observe the law, but if you break the law, you have become as though you had not been circumcised. So then, if those who are not circumcised keep the law's requirements, will they not be regarded as though they were circumcised?

ROMANS 2.25-26

In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

COLOSSIANS 2.11-12

So the Lord said to him, 'Bring me a heifer, a goat and a ram, each three years old, along with a dove and a young pigeon.' Abram brought all these to him, cut them in two and arranged the halves opposite each other; the birds, however, he did not cut in half.

When the sun had set and darkness had fallen, a smoking brazier with a blazing torch appeared and passed between the pieces. On that day the Lord made a covenant with Abram...

GENESIS 15.9-10,17-18

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

ROMANS 8.5

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The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

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Because... (8.4) the righteous requirement of the law [has been] fully met in us, who do not live according to the flesh but according to the Spirit

Because... (8.5) Those who live according to the flesh have their minds set on what the flesh desires; but... the Spirit have their minds set on what the Spirit desires

Because... (8.6) The mind governed by the flesh is death, but... the Spirit is life and peace

Because... (8.7) The mind governed by the flesh is hostile to God

Because... (8.7) Those who are in the realm of the flesh cannot please God

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Take special care to discover the main thrust of the verse, paragraph or chapter

RULE 2:

Pay close attention to connecting words

RULE 3:

Think into the first-century perspective

sarx

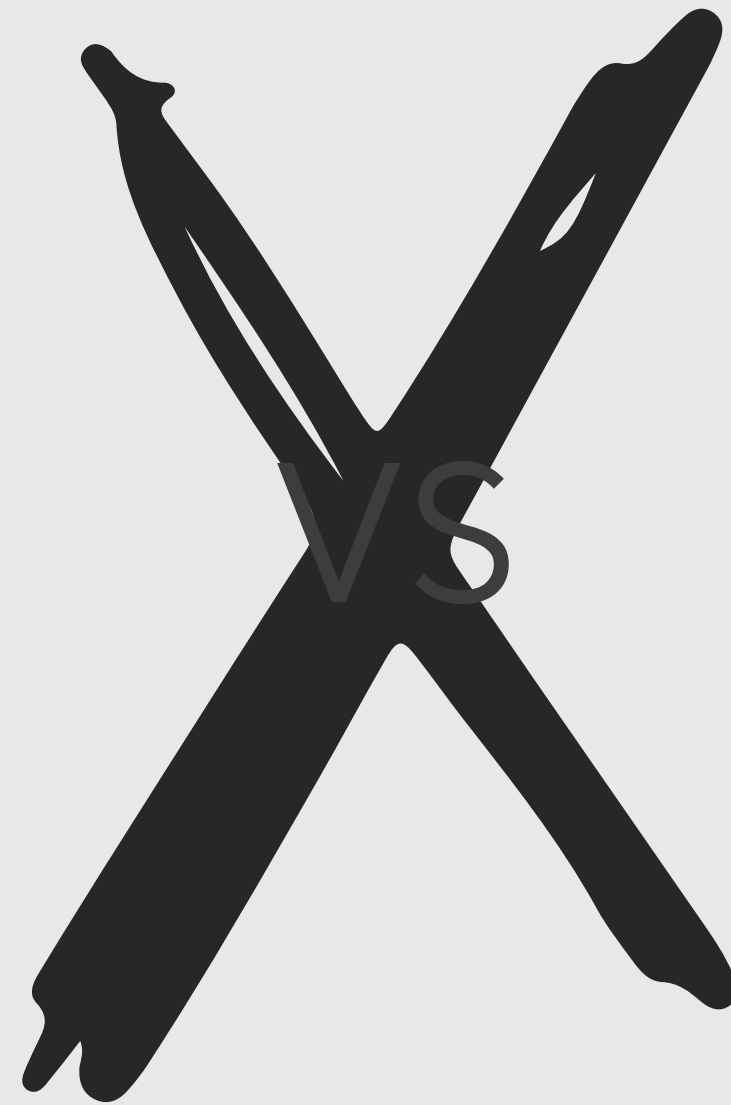
pneuma

RULE 3:

Think into the first-century perspective

sarx

physical
material
body



pneuma

spiritual
immaterial
soul

RULE 3:

Think into the first-century perspective

sarx

mind governed by the flesh

pneuma

mind governed by the Spirit

RULE 3:

Think into the first-century perspective

sarx

mind governed by the flesh

death (8.6)

pneuma

mind governed by the Spirit

life and peace

RULE 3:

Think into the first-century perspective

sarx

mind governed by the flesh

death (8.6)

**hostile to God,
cannot fulfil the Law (8.7)**

pneuma

mind governed by the Spirit

life and peace

**reconciled to God,
fulfils the Law**

RULE 3:

Think into the first-century perspective

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death (8.6)

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ROMANS 8.9-11





CHARIOTS *of* FIRE

*I believe God made me for a purpose, but He also made me fast.
When I run, I feel His pleasure.*

ERIC LIDDELL

sarx

mind governed by the flesh

death (8.6)

hostile to God,
cannot fulfil the Law (8.7)

cannot please God (8.8)

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WHAT HAS GOD MADE YOU?

What is it which, when you do it in the power and joy of the Spirit, enables you to experience God's pleasure?

The background is a grayscale composite image. In the foreground, a man with short hair is looking slightly to the right. In the background, a person is running on a track, and the Olympic rings logo is visible. The text is overlaid in the center.

**MIGHT THAT BE PART OF
GOD'S NEW CREATION
BREAKING INTO THE WORLD?**

Discussion Questions

1. Romans 8:1 says, “There is now no condemnation for those who are in Christ Jesus.” How does this truth change the way you see your past failures, and how can it shape the way you extend grace to others today?
2. Paul contrasts the mind governed by the flesh with the mind governed by the Spirit (Romans 8:5–6). What are some practical ways you can set your mind on what the Spirit desires in your daily routines—at work, at home, or in your relationships?
3. The Spirit who raised Jesus from the dead lives in us (Romans 8:11). How can this truth encourage you to face challenges in your life — whether discouragement, sin struggles, or difficult circumstances—with renewed hope and faith?