



**COMMUNITY
GROUPS**
Be known and grow



12 November 2023 | Free Indeed | Free From Judgement

“¹Therefore, there is now no condemnation for those who are in Christ Jesus, ²because 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 (NIVUK)

Making a start:

In what ways have you personally experienced freedom from judgement and condemnation? How has it changed your perspective and relationship with God?

Keeping it real:

In Romans 8:1-2, Paul gives us a comparison between two Laws, namely the **Law of the Spirit** and the **Law of Sin and Death**.

1. **The Law of the Spirit** (Read Romans 5:1; Romans 8:3-8, 14-17): This law represents the power and guidance of the Holy Spirit in the life of the believer. It is through the Holy Spirit's work in us that we find freedom and victory over sin and condemnation. The Spirit gives us life and leads us away from the bondage of sin and death towards a life of liberty in Christ.
2. **The Law of Sin and Death** (Read Romans 7: 7-13; Romans 8:12; Romans 1:19-20): This law refers to the natural consequences of sin and the separation that it brings between humanity and God. In Romans 8:3, the Flesh (*sarx*) refers to the sinful state of human beings. It is often presented as a power in opposition to the Spirit.

The Law of Sin and Death reveals our inability to live up to God's perfect standards and condemns us in our failures. Without Jesus, we would all be trapped in a cycle of sin and doomed to its eventual consequences. With this understanding, we can grasp the true magnitude of the freedom we have in Christ. This freedom goes beyond just relief from condemnation; it means being released from the grip of sin and death.

Our failures and shortcomings no longer define us because Christ has made a way for us to be reconciled with God. Isn't this amazing?!

Living it out:

1. Read **Romans 5:1**. What do you think it means to be free from judgement or condemnation? How does being justified help you to overcome condemnation in your daily life?
2. Read **Romans 8:5-8**. The Flesh puts faith in the works of *Self*. By contrast, the Spirit puts faith in the work of *Christ*. Discuss ways to replace self-reliance with humility and dependence on the Holy Spirit.
3. How excited are you about the no-condemnation life available in Christ? Celebrate your confirmed change of status. Share what it means to be called sons and daughters of God and not slaves.

Prayer

1. Meditate on **Romans 7:7** and **Romans 5:1**.
2. Take a moment to thank the Lord for helping you to recognise your sin (wrong doing) and bringing you to a place of repentance – and to a place of belonging – through His grace and kindness.
3. Is there a specific area where you desire to see change? Ask the Holy Spirit to breathe life-giving wisdom into those areas and make the empowering love and peace of Christ real to you in your daily life (frontline).
4. As a believer, declare and confirm your reliance on the Holy Spirit's guidance and empowerment to live righteously and to be freed from unhealthy fears, which are the consequences of sin and death (Romans 8:14-17).
5. As a group, express your thankfulness that you are no longer slaves to fear but children of God; no longer living under condemnation but living under the conviction of the Holy Spirit.

Prayer of blessing:

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit” (Romans 15:13, NIVUK).