

New Series-
Free in Christ
Sunday, May 1, 2022

Romans 8: 1-12 NLT

So now there is no condemnation for those who belong to Christ Jesus. ²And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. ³The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. ⁴He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit. ⁵Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. ⁷For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. ⁸That's why those who are still under the control of their sinful nature can never please God. ⁹But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) ¹⁰And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. ¹¹The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. ¹²Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do.

1. **Free From Our Past**

Romans 6:6 Our old sinful self was crucified with Christ.
Hebrews 8:12 I will forgive...and remember their sins no more.

2. **Free From Shackles that Bind**

Romans 6:14 Sin is no longer your master.
2 Corinthians 3:17 Where the Spirit of the Lord is, there is freedom.

3. **Free to Live Anew**

2 Corinthians 5:17-18 The old life is gone! A new life has begun!
Romans 6:23 Free gift of God is eternal life through Christ Jesus.

Conclusion: In Christ we have been set free from our past; our sins are remembered no more. We have been given new life and we are under no obligation to do what our sinful nature desires. Let every shackle fall and step fully into all we are with Christ in us.

LIFE GROUP LESSON
Free in Christ
Week of May 1 – May 7, 2022

Ice Breaker: What does freedom in Christ mean for you?

Read Romans 8: 1-12.

1. What truth is revealed for those who are in Christ? (v.1)
2. Do you live as one who is free from condemnation?
3. Do you put yourself in condemnation at times? If so, why?
4. What has freed us from the power of sin? (v.2)
5. What did God do for us sinners who could not uphold the Law? (vs.3)
6. Why was the sacrifice of His Son the requirement? (v.4)
7. Do we have a choice in what we think about? (vs. 5-6)
8. What happens when we let our sinful nature control our mind? (v.6)
9. What happens when we yield and let the Spirit control our mind?
10. What truth is revealed in vs. 7-8?
11. What truth do we need to receive and live in as a Believer? (v.9)
12. What power do we have living inside us? (v.11) How do we overcome when we are tempted to follow our sinful nature?
13. What freedom is revealed for those who are in Christ? (v.12)
14. What does it mean as you read, "*you have no obligation to do what your sinful nature urges you to do.*"
15. Read Romans 6:6. What has happened to our old self as we receive Christ as our Savior?
16. Have you let your old self die or are you still dragging "old you" around?
17. Read Hebrews 8:12. What does God declare? Have you received His forgiveness in full? Have you also forgiven yourself for past regrets? Is there any reason to withhold self-forgiveness if God remembers no more? Are you living in the freedom of grace or self-bondage?
18. Read Romans 6:14. What do you read about sin? Where do we live?
19. Read 2 Corinthians 3:17. Where is freedom? What does this teach you about the importance of tuning to the flow of the Spirit within you?
20. Read 2 Corinthians 5:17-18 and Romans 6:23. Why are we given new and eternal life through Christ?
21. Will you receive the gift of God, to live free indeed in Christ?

Point to ponder: Don't dig up your past when it has been forgiven. Don't put shackles back on that Christ has broken for you. *Whom the Son sets free is free indeed.* Live this way, for this is the gracious gift of God. This is why Jesus died, *so you might live free in Him.*