



Life Group Study Guide: Romans 8:1–11

Theme: *In Christ, In the Spirit, and God In You*

1. Warm-Up Question

“Have you ever felt condemned by: people? The Enemy? Yourself?”

Share a time you experienced frustration trying to meet a personal or moral standard—either set by yourself, your family, or faith.

2. Look at the Book

Read Romans 8:1–11 at least once.

Key Questions:

- What contrast do you see between the end of Romans 7 and the beginning of Romans 8? (particularly 7:v13-8:1)
- What does Paul say has happened “in Christ” (v.1–4)?
- What does it mean to live “according to the Spirit” rather than “according to the flesh”? (v.5–8)

- What roles do the Father, Son, and Spirit each play in your transformation? (v.9–11)

Prompt: Consider how Paul uses “IN” language—in **Christ, in the Spirit, the Spirit in you**—what do these phrases reveal about your identity?

3. What Does This Mean for Me?

Paul paints two very different pictures of life:

| Life in the Flesh | Life in the Spirit |
|-------------------|-----------------------------|
| Shame | Freedom |
| Self-effort | Grace-driven transformation |
| Guilt and fear | Peace and life |
| Fragmented | Empowered |
| Spiritually dead | Truly alive |

Reflect:

- Which side of this table describes you most right now?
- Are there **harmful habits, attitudes, or ways of relating** that suggest you’re living “according to the flesh” even though you’re “in Christ”?
- What lies or accusations do you find hardest to silence when it comes to your identity in Christ?

“There is now no condemnation...” (v.1) — how might your week look different if you truly believed this?

4. Living It Out

Action Steps:

1. **Name one area** where you tend to rely on flesh instead of Spirit.
 - Confess it.
 - Invite the Holy Spirit to rewire your mindset there.
2. **Write a one-sentence declaration** (from v.1–11) that you’ll carry into your week.
Example: “Because I’m in Christ, I am not condemned—no matter how I feel today.”