




1 **Paul says in Romans 8:1 that there is no condemnation in Christ Jesus.** What does the word condemnation mean to you? What words or phrases does it bring to mind?


 *In addition to the words “guilt” and “shame” what are some other words that you might use to describe our present struggle with past and present sins? Try to describe the experience of guilt and shame is like without using those 2 words.*


 *Over the last few weeks, what are some of the things that have caused you to feel under condemnation?*

2 **For those who are “in Christ Jesus”, there is no condemnation left for them, because God condemned sin in Christ.** Christ bore the wrath of God that is deserved for sin. He condemned sin by fully paying its penalty.

 *What is the wrath of God against sin? How does the Bible describe it?*

 *What responses do you often have to thinking or talking about the wrath of God?*

 *What does being “in Christ Jesus” have to do with you not being condemned? (See Romans 3:24, 6:11, 6:23, 8:34, 2 Cor. 5:21)*

 *Thank God for sparing you from His wrath as a result of the righteousness that Christ provided for you.*

3 **Many Christians struggle accepting and believing the truth of Romans 8:1.** Why do you think that is? What are some of the reasons that it can be hard to accept God's declaration of "No condemnation!"?

⚙️ *If God, in Christ, does not condemn you, where do thoughts of condemnation in your life come from?*

♥️ *There are likely members of your group who affirm the amazing truths of Romans 8:1-4 mentally, but may struggle to receive them in their hearts. In what ways do you struggle believing this truth?*

♥️ *Instead of questioning or belittling this truth, how can it provide hope for us when we feel like we are failures, frustrated with our sin?*

💡 *What are some tactics you can employ to better remember "there is now no condemnation" the next time you struggle with guilt from your sin?*

4 **When a person says, "I know God forgives me, but I just can't forgive myself," what are some of the things they could be saying about the cross of Jesus and the justification of God?**

💡 *What counsel could you share with someone who struggles accepting the work of Jesus for their struggle both with past and present sin?*

5 **Those who are in Christ have the Spirit of Christ in them freeing them from the power of sin.** His Spirit is given as evidence that there is no condemnation from God. In other words, we can know we are out of condemnation, because God has placed His Spirit into us to free us from sin.

🗨️ *How have you personally seen the Spirit set you free from some past memory or present struggle with sin? Share stories of God's work with your group.*

♥️ *How did God use the gospel story in freeing you from those feelings of guilt and shame? Was it a specific passage? Was it through the encouragement or exhortation of another person?*