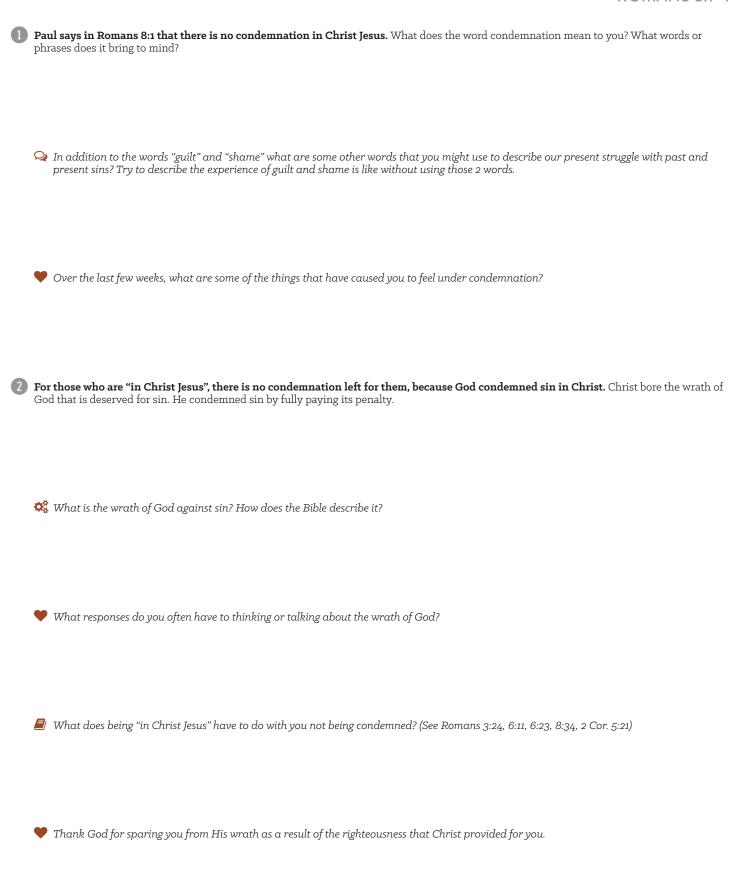
**ROMANS 8:1-4** 



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?