

INCLUDED

A JOURNEY THROUGH ROMANS



The New International Version translation is used for the questions.

1. Read Romans 8:1-39. In verses 5-8, it says that those who live according to the sinful nature have their minds set on what that nature desires and the same for those who live by the spirit. What do you think that means? What does this imply is the “secret” to not being controlled by your sinful nature? What does Philippians 4:8 and Romans 12:2 tell us in regards to this? Do you think that what verses 7 and 8 apply to us as Christians?
2. What did Pastor Rick say is the first reason we can know that everything will be okay? What three things did he say we feel if we think God is condemning us? Who is it that wants us to feel these three things and why? What three realities should we believe when we do sin as Christians?
3. In verse 12, it says that we have an obligation, what is it and what is it not? What is the cause, or the source, of this obligation? In verse 13 when it says we will die if we live by the sinful nature but live if by the Spirit, what do you think Paul means? Is this talking about how we are justified or how we are sanctified?
4. In verses 14-17, what does having the Holy Spirit living inside of us confirm to us? Read John 1:12. When are we adopted into God’s family? What do you think it means when it says we are heirs of God, co-heirs with Christ? How does knowing this make you feel?
5. In verses 18-24, what do we have in common with the rest of creation? When does it say our adoption will be completed? When does 1 Corinthians 15:50-54 say this happens? How should this hope affect us in our lives now?
6. Read verse 28. What is promised in this verse? What is not promised? Is this a conditional or unconditional promise? What is the condition? Do all Christians automatically love God? How did Jesus define love for Him in John 14:21?
7. Pastor Rick said that there are four realities to keep in mind when you go through troubles, what are they? Which one resonates the most with you and why?
8. Read verses 31-39 again. What should we believe as a result of what these verses say? How should we feel as a result of what these verses say? What should we do as a result of what these verses say?

ANSWERS

1. *This passage tells us what Jesus said: "Out of the heart is where sinful things come from". What we put into our minds, what we pay attention to, is what will come out in our lives. If we allow things into our minds that re-enforce the desires of the sinful nature, that is what will come out in our actions. If we put into our minds the word of God and things that re-enforce the desires of the Holy Spirit, then that is what will come out. The Christian life and our battle with sin is won or lost in our minds. Solomon said in Proverbs 4:23, "Above all else, guard your [heart](#), for it is the wellspring of life." Philippians 4:8 tells us to think only on things that are good and Romans 12 says we must be renewed in our minds. Verses 7 and 8 do apply to us as Christians, we choose whether or not to allow sinful thoughts into our minds and we can choose to be ruled by our sinful nature and therefore live in a way that does not please God.*
2. *The first reason everything will be okay is that I am no longer condemned by sin. When we believe that we are still condemned by God, we feel guilty when we sin, we are fearful that God is going to punish us by sending us to hell, and we feel self-loathing because we cannot stop sinning. It is Satan who wants us to feel these things because if we do, we will not serve God in gratitude that even though we are still sinners, we are forgiven and God loves us still. The three realities we should believe are: a. God does not reject me when I sin; b. God is not angry with me when I sin; and c. God does not punish me because of my sin. Believing these three things to be true frees us to serve God because we love him for loving us and because we are thankful for Christ's forgiveness of our sins.*
3. *The obligation we have as God's children is to not allow ourselves to be controlled by our sinful nature but to be controlled by the Holy Spirit. The reason we have this obligation is not that we go to hell if we do not carry it out, but because God loves us so much and has done so much for us that to do anything else would be the most selfish, ungrateful thing we could do. God's goodness to us is the source of this obligation. When verse 13 says we will die if we live according to the sinful nature, again it is not talking about going to hell but that what the consequences, the results of sin in our lives is destruction. Sin kills everything that is good in our lives that God wants to bless us with, which is what it means that if we live by the Spirit it will produce life, the abundant life Jesus said he wants to give us (John 10:10). This is talking about being sanctified, not justified.*
4. *The Holy Spirit living inside of us confirms that we are children of God. John 1:12 says that when we believe we become God's child. An heir inherits everything from the parent, being a joint-heir with Christ means everything that the Father gives to Christ is also ours, we have it all. God sees us exactly the way he sees His son because we are in Christ, part of him.*
5. *What we have in common with creation is the curse God put upon it as a result of sin. We groan and long to be in heaven because of the effect of sin on this world and on us. Our adoption is completed when we receive "the redemption of our bodies". This refers to the fact that one day God is going to bestow a glorified body upon us that can live forever, free from all effects of sin. In 1 Corinthians it tells us that at the rapture is when we receive this body. That means everything we are going through now is temporary, so we can endure anything for a little while and it should make us long for heaven.*
6. *This verse promises that God can cause anything that happens in our lives to wind up causing good to happen in our lives, even the worst circumstances we experience. It does not promise*

that everything that happens to us will be good, we will experience bad circumstances. Jesus said that in this world we will have trouble, but that he has overcome the world (John 16:33). This is a conditional promise and the condition is that we must love God. Being a child of God does not mean you love him, love comes from developing your relationship with Jesus. Jesus said that those who keep his commandments are the ones who love him. If you choose not to obey God's commands, then you will not love God and this promise will not apply to you. Bad things that happen will cause bad consequences to those who do not love God.

- 7. The four realities are: a. God knows everything I go through; b. God cares about everything I am going through; c. God's power can change anything I am going through; and d. God has a purpose for everything that I am going through.*
- 8. Based on what these verses say, we should believe that nothing in creation can keep us from going to heaven. We should feel very, very grateful to God for how he has chosen to accept us and never reject us, even when we let him down. Because of everything God has done for us, we should turn around and give him our entire lives to be used however he sees fit to use us.*