LifeGroup Study Sheet

June 4th and 7th , 2026: Romans 7:8:1-4

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

This week's sermon was titled "safe and secure." Considering that topic, what is the most elaborate thing you did as a kid to feel safe at night? Stuffed animal army, nightlight, blanket fortress, checking under the bed?"

Digging In

Question 1: Read Romans 8:1-2. We are safe and secure because of our promise. Paul opens with "Therefore, there is now no condemnation for those who are in Christ Jesus," a sweeping verdict. When life feels heavy with guilt, failure, or shame, how does anchoring yourself in Christ's declaration (not your feelings) change the way you live day to day?

Christ has legally declared you righteous! This is a judicial pronouncement, not a future promise! It has happened now, in the present.

Hebrews 10:14 says those who are being sanctified "have been made perfect forever." How do you hold together Christ's complete declaration and your ongoing struggle with sin? This question might bring back some thoughts from Roman 7.

Read Psalm 103:12, Hebrews 10:14.

What habits, relationships, or thought patterns keep you returning to a feeling of condemnation despite this promise?

Question 2: Read Romans 8:2-3. We are safe and secure because of our position. Paul ties our security directly to being "in Christ Jesus." This is positional language! Our standing before God is defined by union with Christ, not by our own record. How does understanding your identity as someone placed "in Christ" reshape how you face failure, doubt, or the fear of not being enough?

Galatians 2:20 says "I no longer live, but Christ lives in me." What does it look like practically when that truth is driving your decisions versus when it isn't?

Read 2 Corinthians 5:17 and Ephesians 1:3-7, Colossians 3:3

Where in your life is it hardest to rest in your position in Christ rather than trying to earn or maintain your standing with God? Remind yourself of Romans 5:19 – we are either "in Adam or in Christ."

Question 3: Read Romans 8:3-4. We are safe and secure because of our power. Romans 8:3–4 tells us the Spirit's law of life has set us free from the law of sin and death, and that the Spirit enables us to fulfil what the law required; something our own strength could never do. Where are you currently depending on your own willpower to change, and what might it look like to genuinely lean on the Spirit's power instead?

What spiritual practices (prayer, Scripture, community) have helped you stay aware of and reliant on the Spirit rather than falling back into self-effort?

Read Ezekiel 36:26-27, Philippians 2:13

How does knowing your transformation is Spirit-powered, not self-generated, but free you from both pride when you succeed and despair when you fail?

Application

1. Has God removed your guilty verdict and punishment?

2. Are you living under condemnation or conviction?

3. Are you trusting in your performance or God's power?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?
Confession – What sin can I confess because of what this teaches me?
Thanksgiving – How can I thank God for what Jesus has done?
Supplication – What do I need to ask of God in order to grow in light of this?