LifeGroup Study Sheet

July 16th and 19th, 2026: Romans 8:31-39

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

Tell us about a time someone was 'for you' in a small but memorable way, showed up, had your back, took your side when you needed it. What about the opposite? Someone that was strong against you? Accusing you.

Digging In

Question 1: Read Romans 8:31-32. "I Cannot Be Defeated." "If God is for us, who can be against us?" Paul asks this as a rhetorical challenge, not a denial that opposition exists! What's one area of your life right now where you feel outmatched or under siege? How does knowing God is "for you" change the way you face it, even if the circumstances don't change?

Have you ever confused "God is for me" with "things will be easy"? What happened?

What would change in your prayer life this week if you truly believed verse 32?

Question 2: Read Romans 8:33-34. "I Cannot Be Divided." "Who shall bring any charge against God's elect?" Paul says no accusation can stick because God Himself has justified us, and Christ is interceding for us right now! Where do you struggle most with self-condemnation or shame? How is that different from conviction that leads to repentance? **Read John 16:8**

What's the difference between "I did something wrong" and "I am something wrong?"

How does knowing Jesus is actively praying for you right now (not just praying for you 2,000 years ago) change how you picture Him? This is the idea of intercession. **Hebrews 7:25, 1 John 2:1.**

Question 3: Read Romans 8:35-39. "I Cannot Be Divided." Paul lists tribulation, distress, persecution, famine, nakedness, danger, and sword! This are real, severe hardships. It says none of them can separate us from Christ's love. Which of these categories (or a modern equivalent) feels most threatening to your sense of God's love, and why?

Has there been a season where you felt cut off from God's love? Looking back, was that feeling based on truth or circumstance?

Paul says we're "more than conquerors" — what would it look like to live that way this week in a specific situation you're facing?

Application

1. Am I a Christ-follower?
2. Am I a conqueror?
3. Am I fully committed?

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?