

# A SPIRIT FILLED LIFE

HOPE LIFE FAITH

PRAYER WORD BASED FAITH-IN-ACTION

HOLY SPIRIT-INSPIRED CHRIST-CENTERED

# CHRIST OUR PERFECT VISION

MISSION DISCIPLEMAKING ABIDE

WORSHIP LOVE GROWTH FELLOWSHIP

**A Study on Romans 8**



**DeoGloria**  
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## Contents

# CHRIST OUR PERFECT VISION 2020

	Page No
<b>Introduction</b>	5
<b>Week 1: Under control of the Spirit</b>	
Day 1: Background	9
Day 2: Therefore...	11
Day 3: Because...	13
Day 4: Empowerment by the Spirit	15
Day 5: A call to live according to the Spirit	17
Group Discussion	19
<b>Week 2: The Spirit Transforms us</b>	
Day 1: The mind focused on the flesh	23
Day 2: Hostility towards God	25
Day 3: The mind focused on the Spirit	27
Day 4: Under control of the Spirit	29
Day 5: New Spiritual Life	31
Group Discussion	33
<b>Week 3: The Spirit Empowers us</b>	
Day 1: An Obligation	37
Day 2: Do not live according to your sinful nature	39
Day 3: Sinful nature leads to death	41
Day 4: If by the Spirit...	43
Day 5: You will live	45
Group Discussion	47

<b>Week 4: The Spirit Confirms our Adoption</b>	
Day 1: I am led by the Spirit	51
Day 2: I am a child of God	53
Day 3: I am free in Christ	55
Day 4: I am adopted	57
Day 5: Heir: Sealed and marked by the Spirit	59
Group Discussion	61
<b>Week 5: The Spirit – Our Intercessor</b>	
Day 1: Present suffering and future glory	65
Day 2: Hopeful!	67
Day 3: The Spirit intervenes	69
Day 4: For our good	71
Day 5: Rejoice!	73
Group Discussion	76
<b>Conclusion: More than Conquerors</b>	80
<b>Memory Verses</b>	84
<b>Resources</b>	86

## Introduction

# CHRIST OUR PERFECT VISION 2020

The book of Romans was written by the apostle Paul to the churches in Rome. Most scholars agree that it is likely that he wrote the letter while spending three months in the city of Corinth (see Acts 20:2-3).

While “all Scripture is God-breathed and profitable,” certain sections stand out as especially used by God over the centuries, particularly the book of Romans. Tim Keller has written that “the book of Romans is the most sustained explanation of the heart of the gospel and the most thrilling exploration of how that gospel goes to work in our hearts.”

If Romans is the message that has resonated with believers throughout the centuries and has changed lives, chapter 8 is the heart of that message. In the first 7 chapters of Romans, the Holy Spirit is only mentioned a few times. However, in chapter 8 Paul refers to the Holy Spirit almost 20 times.

John MacArthur said: “The Holy Spirit is the divine agent who creates, sustains and preserves spiritual life in those who place their trust in Jesus Christ. The Holy Spirit is not merely an influence, but a Person. He is the third member

of the Trinity and equal in every way to God the Father and God the Son.”

The Holy Spirit functions with mind, emotion and will. He loves the believers, communicates with them, teaches them, guides them, comforts them and chastises them when needed.

When we confess that we are Christ followers, it means that we want to “walk by the Spirit”. We want to live Holy Spirit inspired lives, totally surrendered to His teaching and guidance. However, we can only do that when we are enabled and empowered by the Holy Spirit Himself.

We pray that by studying this chapter you will grow in your understanding of who the Holy Spirit is and what it means to be Holy Spirit inspired.

**Deo Gloria – To God all the Glory!!**

# A SPIRIT FILLED LIFE

Week **1**

## Under control of the Spirit

# PERFECT VISION

**Memory verse:**

*Therefore, there is now no condemnation for those who are in Christ Jesus*

*Romans 8:1 (NIV)*





# Day 1: Background

## CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

If you'd open Romans chapter 8 on your Bible app, you'll see how many of the different translations mention the Spirit in their headings of this chapter. There is a noticeable shift from Romans 7 to Romans 8. As John MacArthur puts it: *"In chapter 7, 'I' is frequent, the law is prominent, and sin is dominant. In chapter 8, the Holy Spirit is frequent (18 times, more than any other New Testament chapter), God's grace and persevering love are prominent, and victory over sin is dominant."*

### **Read Romans 7:24-8:4**

Why is Paul feeling *wretched* in Romans 7:24? What is he referring to when he says, *"this body that is subject to death"*?

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Why does he thank God in 7:25? How would you continue the sentence: *Thanks be to God because . . .*

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In the first seven chapters of Romans Paul explained God's plan for salvation through Jesus in detail. He now comes to the stage in his letter where he wants the readers to accept what he has been teaching them about the salvation in Christ and apply it to themselves. BUT, first he wants them to realise their position in Christ, and the essential role that the Holy Spirit plays in every aspect of daily Christian living.

In Romans 8, in the words of John Stott, "*Paul paints the essential contrast between the weakness of the law and the power of the Spirit. Over against indwelling sin, which is the reason the law is unable to help us in our moral struggle, Paul sets the indwelling Spirit, who is both our liberator now from 'the law of sin and death' and the guarantee of resurrection and eternal glory in the end. Thus, the Christian life is essentially life in the Spirit, a life that is animated, sustained, directed and enriched by the Holy Spirit. Without the Holy Spirit, true Christian discipleship would be inconceivable, indeed impossible.*"

In the following weeks we'll learn more about life in the Spirit.

**End today's study by returning to the Lord in prayer.**

## Day 2: Therefore...

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:1-4**

The word *therefore* indicates that the author is summing up his argument thus far about salvation through the death and resurrection of Jesus Christ. The word indicates that this salvation is already ours if we are in Christ!

The salvation in Christ has especially two outcomes or blessings, which Paul mentions in verses 1 and 2.

**Read Romans 8:1 again.**

What is the first wonderful result, or blessing, of salvation in Jesus Christ?

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Where Romans 3:20 shows the "therefore" of condemnation; Romans 8:1 gives the "therefore" of no condemnation. This is a tremendous truth and the conclusion of a marvellous argument in the previous seven

chapters. It is noteworthy that the verse does not say “no mistakes” or “no failures,” or even “no sins.” Christians do fail and make mistakes and they do sin. David committed adultery; Peter tried to kill a man with his sword. They suffered consequences because of their sins, but they did not suffer condemnation.

Condemnation is a very strong verdict. It means to be declared unworthy or even evil – to be declared guilty. It is an expression of the strongest disapproval. No condemnation does not mean there is almost no condemnation or just a little condemnation. It means that if you are in Christ, God does not disapprove of you. In fact – He even counts you as righteous.

**Read Psalm 32:2 and Psalm 103:9-12** and write in your own words how God judges you today.

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No condemnation is nothing but justification! Paul’s discussion of life through the Spirit is based on the fact that believers are not condemned, because of Jesus’ redemptive work on the cross! The basis for this wonderful assurance is the phrase “in Christ Jesus.”

**End today’s study by returning to the Lord in prayer.**

## Day 3: Because...

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:2**

What is the second wonderful result or blessing of salvation in Jesus Christ?

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Liberation (being set free) joins justification (“no condemnation”) as the two great blessings that are ours if we are *in Christ Jesus*.

Look at verse 2 again. What have we been set free from?

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Before Christ, you were under the law of sin and of death. Sin has such a power over our flesh that it acts like a law and we cannot stop ourselves from following it. This life under domination of sin was leading them toward death. Even the law of Moses can't break the power of this “law of sin”. The Mosaic law reveals sin to our hearts and minds but cannot stop us from sinning. So instead of freeing us,

the Mosaic law condemns us! For us to be liberated from the law of sin and death through Christ is to give up looking to the law for either justification or sanctification. Jesus Christ is our only source and we should only follow His Word!

The Law condemns; but because the believer has a new relationship with the Law, he cannot be condemned. Paul assures the believer that:

- The Law cannot claim you (v. 2).
- The Law cannot condemn you (v. 3).
- The Law cannot control you (v. 4).

Therefore Paul calls it the law of the Spirit of life. And he means the strong principle or authority of the Spirit.

### **Read John 14:26**

How does the Spirit give us life?

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God's Word, the Gospel, frees us from the law and its curse, and the message of life in the Spirit has freed us from the slavery of sin and death. This liberation has been Paul's own experience, as well as that of every believer in Christ.

**End today's study by returning to the Lord in prayer.**

## **Day 4:** **Empowerment by the Spirit**

# **CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:3-4a**

Here Paul is referring to the so-called Mosaic law or Torah (the first five books of the Old Testament). Why can the Law not condemn you?

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The Law could not save; it can only condemn. But God sent His Son to save us and do what the Law could not do. Jesus did not come as an angel; He came as a man. He did not come "in sinful flesh," for that would have made Him a sinner. He came in the likeness of sinful flesh, as a man. He bore our sins in His body on the cross. The "law of double jeopardy" states that a man cannot be tried twice for the same crime. Since Jesus Christ paid the penalty for your sins, and since you are "in Christ," God will not condemn you.

Paul methodically explains this process of justification and points out a five-fold truth.

**Read Rom 8:3–4a** and see if you can identify these five aspects of our salvation:


Did you also find the following?

- **God sent “his own Son”**. Refer to verse 32 to realise the Father’s sacrificial love in sending him.
- **Jesus became human**. This is a difficult truth to grasp, but Jesus’ humanity was both real and sinless.
- **God sent his Son “to be a sin offering”**. Romans 6:23a explains why: For the wages of sin is death.
- **God condemned sin in sinful man (the flesh)**. The law condemns sin. God’s judgement fell upon sin in the sinless Christ. See 2 Corinthians 5:21.
- **In Jesus the righteous requirement of the law of God was fully met** – on our behalf.

The law can be fulfilled only in those who live “according to the Spirit.” The flesh renders the law impotent, but the Spirit empowers us to obey it.

**End today’s study by returning to the Lord in prayer.**

## Day 5: A call to live according to the Spirit

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:3c-4**

The law could neither justify nor sanctify because it was “weakened by the sinful nature”, that is, our fallen selfish human nature. But what the sin-weakened law could not do, “God did”. He made provision for both our justification and our sanctification. He sent his Son, whose incarnation and atonement are alluded to in verse 3. Then He gave us his Spirit, through whose indwelling power we are enabled to fulfill the law's requirement.

Why can the Law not control you?

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The believer lives a righteous life, in the power of the Holy Spirit. The Law does not have the power to produce holiness; it can only reveal and condemn sin. But the indwelling Holy Spirit enables you to walk in obedience to God's will. The righteousness that God demands in His Law is fulfilled in you through the Spirit's power. In the Holy

Spirit, you have life and liberty (Romans 8:2) and “the pursuit of happiness” (Romans 8:4).

Romans 7 insists that we cannot keep the law because of our indwelling sinful nature; now Romans 8:4 insists that we can and must, because of the indwelling Spirit.

Holiness is Christlikeness, and Christlikeness is fulfilling the righteousness of the law. When God sent His Son, His purpose was that those who accept Him should grow in holiness by obeying His commands. In this we need the help of the Holy Spirit.

Holiness is the fruit of Trinitarian grace, of the Father sending His Son into the world and His Spirit into our hearts. The Spirit-led Christian, as he yields to the Lord, experiences the sanctifying work of the Spirit in his life.

The introductory verses of this wonderful chapter reveal how God moves His child from a condition of condemnation into a condition of perfect righteousness in Christ. In the rest of the chapter Paul clearly and thoroughly describes what it means to keep in step with the Spirit, to live under control of the Spirit

**End today’s study by returning to the Lord in prayer.**

## GROUP DISCUSSION

# CHRIST OUR PERFECT VISION 2020

### Welcome

### Prayer

#### **Memory verse:**

*Therefore, there is now no condemnation for those who are in Christ Jesus.*

*Romans 8:1 (NIV).*

#### **Reflection:**

Share with the group members how God worked in your life during this week.

#### **Scripture Reading:**

Romans 8:1-4 and John 3:5-8

## Discussion questions

Discuss what the memory verse means to you. Who have been greatly encouraged by it this week? Who is struggling to fully accept the truth that you are not condemned, and what specifically do you struggle with?

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Discuss the important truth found in verse 3 – what the law was powerless to do in that it was weakened by sinful nature. Yet church members often rely more on obeying Biblical rules for their salvation, than to accept and only trust what Jesus has done for them on the cross. Have some in the group share how that changed for them.

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What are some signs that you are walking in the flesh and attempting righteousness on your own? What are signs that you are walking in the Spirit? How does reflecting on Jesus' sacrifice on your behalf help you pursue righteousness and walk in the Spirit?

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**Close in prayer**

# A SPIRIT FILLED LIFE

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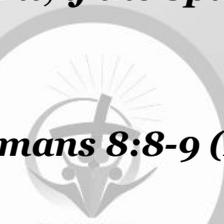
**Week 2**

# CHRIST OUR The Spirit PERFECT VISION transforms us

**Memory verse:**

*Those controlled by the sinful nature cannot please God. You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you.*

***Romans 8:8-9 (NIV)***



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# Day 1: The Mind focused on the Flesh

## CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:5-11**

What does it mean when someone's mind is set upon something?

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The mind has to do with one's will or intent. In a very real sense, a person's mind is who they are in intention. To set your mind or intentions on something has to do with what occupies your thinking each day. The thing you set your mind upon is most likely controlling your life.

What does it mean to set your mind on the "flesh"?

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If I, "set my mind," on the flesh, or things of the flesh, I have accepted the natural realm as the basis for my living. I am walking according to my natural perception. I am

determining truth according to my natural thinking, and according to outward circumstances.

Why are so many Christians' minds set on the things of the flesh?

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Immature believers may live in accordance with the flesh and sometimes even mature believers yield to the flesh, but that is not what Paul is warning believers about. He describes the spiritual condition of unbelievers. They are characterized by death.

It is wrong to think that there are two optional tracks for Christian life. That only the "chosen" few give up everything to follow Christ. Only they give the complete control of their lives to Christ, and for the rest, they accept Jesus as their Saviour, but also pursue their dreams for success and personal fulfillment in this life. They get the "best" of both worlds. They enjoy the fellowship of a good church and pursue their dreams. They give money to the church and will even do volunteer work. But their mind is still set on the worldly things.

**End today's study by returning to the Lord in prayer.**

## Day 2: Hostility towards God

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:6-8, James 4:4-5 and 1 John 2:15-17**

What does it mean to be spiritually dead?

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To be spiritually dead means to be separated from God and the eternal life that only He can give. It means that people are spiritually unable to seek God or please Him. Spiritually dead people are cut off from understanding the things of the Spirit. This is the natural condition of every person.

Why is unbelief hostility toward God?

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James describes it perfectly in James 4:4; *do you not know that being friendly with the world means being at enmity with God?*

Unbelievers can't be spiritually neutral. You might know unbelievers who do not hate God or have anything against Him. But the Bible is clear, if someone doesn't accept the saving grace of God, he or she is an enemy of God. You either accept God's authority or you do not want Him to rule over you. Unbelievers may be religious, but it is always religion as they like it. They pick and choose the kind of "God" that suits their preferences.

Can an unbeliever please God? If no, why not? If yes, how?

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People can try to do good in life without being subject to the law of God. They often think that by doing good works, they put God under some sort of obligation. It does not work like that. No-one in the flesh can please God, even if the flesh is doing religious things that are admired by men.

**End today's study by returning to the Lord in prayer.**

## **Day 3: The Mind focused on the Spirit**

# **CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:5-8 and 1 Corinthians 2:6-16**

What are the "things" of the Spirit?

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The things of the Spirit are the truths revealed to us in God's Word concerning who He is, who we are, the great salvation that He has provided in Christ, and how we should live in the light of that salvation.

What does it mean to set your mind on the Spirit?

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To set your mind on the things of the Spirit does not mean that you are detached from what is going on around you every day. It does not mean that you must meditate and pray for hours, or you are above the everyday chores, like

cleaning the house, fixing meals, mowing your lawn, or reading the newspaper.

To set your mind on the things of the Spirit means to often think about matters of salvation and to worship God and to want to spend time with God. It means to relate all of your life to God and His Word and to develop a Biblical worldview, where you think about and process all of life through the perspective of the Bible.

Is setting our minds on the things above automatic or does it require discipline? If it requires discipline how are you planning to discipline yourself to set your mind more on the Spirit?

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Evaluate your schedule. Schedule your priorities, intentionally make time with God, otherwise your day will quickly be filled with everyday things. We need to spend time doing everyday things but do it by daily putting yourself on the firm foundation of your faith in God. Make an effort to improve your spiritual mind and guard yourself from relapsing, which will destroy your peace.

**End today's study by returning to the Lord in prayer.**

**Day 4:**  
**Under control of the Spirit**

**CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:9-11 and Galatians 5:22-25**

What is the single most important characteristic of those who are controlled by the Spirit?

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The Holy Spirit has caused you to be born again. There is no category in-between. You can't claim that Jesus is your Saviour, but you don't want to live under the control of the Holy Spirit. To live under the control of the Holy Spirit is to be willing to be constantly changed by His Spirit.

Why is it important for the Holy Spirit to dwell in us?

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It is absolutely important to have the Holy Spirit dwelling in you, because if you do not, you do not belong to Christ

(verse 9). When we are born again, the Holy Spirit imparts new life to us and takes up residence in us.

When do you receive the Holy Spirit?

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Romans 8:9 makes it clear that if you have been born again, you have the Holy Spirit dwelling in you.

This does not mean that we should not desire a deeper experience of the Spirit's presence and power. We must yield more and more of ourselves to the Spirit's control as we become aware of areas that we have not given to Him.

What does it mean to be under the control of the Spirit?

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A life under control of the Spirit is a life which is in a steady progress of transformation to reflect the image of Christ more and more. The Spirit controlled, Christ-Centred person is on the way to eternity; death is but an inevitable interlude that has to be experienced on the way.

**End today's study by returning to the Lord in prayer.**

## Day 5: New Spiritual Life

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:1-11, John 3:3-8 and 2 Corinthians 3:18**

How can you know whether or not the Spirit dwells in you?  
Is it a warm feeling inside of you or a tingling sensation?

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Jesus explained the new birth to Nicodemus, and He used the analogy of the wind. You can't see the wind, but you can see its effects. When a leaf blows by, you do not assume that it is flying on its own. You assume that the wind is blowing it. So, it is with the Spirit. You can't see the Spirit, but you can see His effects.

List the things that the Holy Spirit does according to Romans 8.

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- He sets you free from the law of sin and of death (8:2);

- He gives you new life and peace with God (8:6);
- The Spirit reconciles us to God and enables us to submit to His Word and to please Him. (8:7-8).

We have learned from these verses that the Spirit of God dwells in every single Christian. What affect does it have on you that the Spirit is present in your life and body?

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The Spirit has changed your heart from being a slave of sin to be a child of God. He changes you from trusting in your own good works to trusting in Christ alone. The Spirit puts in you the desire to know and honour Him and to regard Scripture as His Word of truth. He lets His fruit grow in you and changes you from glory to glory. The Spirit lets you grow in praise, joy, thankfulness and in prayer. Through the power of the Holy Spirit we are able to be His witnesses.

List at least three changes you desire to take place in your life because of these verses.

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**End today's study by returning to the Lord in prayer.**

## GROUP DISCUSSION

# CHRIST OUR PERFECT VISION 2020

### Welcome

### Prayer

#### **Memory verse:**

*Those controlled by the sinful nature cannot please God. You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you.*

*Romans 8:8-9 (NIV).*

#### **Reflection:**

Share with the group members how God worked in your life during this week.

#### **Scripture Reading:**

Romans 8:6-11, Galatians 5:22-25 John 3:3-8 and 2 Corinthians 3:18

## Discussion questions

Read Romans 8:6-11. What are the benefits, according to this passage, of having the Holy Spirit dwell in you? What affect should these truths have on your love for God?

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Why are those “in the flesh” unable to please God? What is the requirement for someone to be “in the Spirit?”

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Read Romans 8:9-11 again. Can anyone be a genuine Christian and not have the Holy Spirit? Discuss.

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Read Galatians 5:22-25. Why is it important to affirm that every Christian has the indwelling Spirit and must live under the control of the Spirit?

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**Close in prayer**

# A SPIRIT FILLED LIFE

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Week **3**

## CHRIST OUR The Spirit empowers us PERFECT VISION

Memory verse:

*Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.*

*Romans 8:12-13 (NIV)*



# Day 1: An Obligation

## CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:12-13**

Paul starts verse 12 with the words: *Therefore, brothers and sisters, we have an obligation...*

What does the word *obligation* mean?

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Have you ever committed to something that you later realized carried extra obligations? How did it make you feel?

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Obligation is a debt of gratitude for a service or favour. It means a person has a duty of commitment.

It seems that Paul never finishes the sentence in verse 12. He tells us we are not under an obligation to the flesh, but he doesn't tell us who we are obligated to.

Who do you think we are obligated to, and why?

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We are in a position of privilege – God saved and redeemed us. Because of what Christ has done for us, we owe Him a debt of gratitude. We are privileged to respond to Him. As God’s children we have the power and privilege to claim the promises that He has given us.

Do you agree that the privilege of our Salvation brings responsibility with it? If yes, what responsibilities do you think we have?

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Ask Father to make you aware of your obligation to live according to your Salvation.

**End today’s study by returning to the Lord in prayer.**

## Day 2: Do not live according to your sinful nature

CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:12-13 and Romans 7:18**

What do you understand when you hear the words: "sinful nature"?

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What does it mean to live according to the flesh (sinful nature)?

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Sinful nature is that aspect in man that makes him rebellious against God. Given the choice to do God's will or our own, we will naturally choose to do our own thing. Proof of the sinful nature abounds. No one teaches a child to lie or be selfish; rather, we go to great lengths to teach children to tell the truth and put others first. Sinful behaviour comes naturally. The news is filled with tragic examples of mankind acting badly. Charles Spurgeon said, *"As the salt flavours every drop in the Atlantic, so*

*does sin affect every atom of our nature. It is so sadly there, so abundantly there, that if you cannot detect it, you are deceived.”*

**Read 1 John 1:8, Isaiah 53:6 and Ecclesiastes 7:20**

Who is exempt from sinful nature? What does that mean to you?

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Paul addresses this obligation to believers not to live according to sinful nature. As believers we are called to a life of saying “no” to all kinds of things our physical bodies tell us they want. It is bound to be hard and painful, but it must be done.

There is a real danger for Christians who have worked themselves into a comfortable, undemanding situation where they have so come to terms with their own lifestyle that they see little or no necessity for the deepening of their spiritual life. Without realizing it, they may have ceased to be ambitious for the things of the Spirit and may have lapsed into a kind of spiritual neutrality, which in reality is an ambition for the comfort of the flesh and an identification with the purely natural.

**End today’s study by returning to the Lord in prayer.**

## **Day 3: Sinful nature leads to death**

# **CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:12-13 and Romans 6:23**

What is the result of living under control of your sinful nature?

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Death is a strong word, but Paul wants us to understand that this is a mortal combat. Either you eradicate your sin, or it will kill you – not just for this life, but eternally.

Maybe you are thinking, “If Christians are saved by grace, not by works, and are eternally secure, how can Jesus and Paul both say that if we don’t get rid of our sin, we will end up in hell?” The New Testament has frequent warnings to those who profess to know Christ but show no evidence of it.

**Read Matthew 7:21-23**

What warning does Jesus give here?

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Suppose two friends named Guilt-ridden and Never-worry come to you. Guilt-ridden says, “I committed this terrible sin yesterday! I don’t know if I’m saved!” Never-worry says, “Oh, don’t worry about that! Sin doesn’t matter! There is no condemnation for those who are in Christ Jesus! Never worry about sin!” What do you say in response? Who is correct?

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Those who truly know Christ live in obedience to Him, which means that they eliminate their sin. False believers may serve in ministry, but they do not stop their sin. If you live like a non-Christian, dominated by your sinful nature rather than living according to the Holy Spirit, you will perish like a non-Christian—because you are a non-Christian. A life of unchecked sin leads to eternal death.

**End today’s study by returning to the Lord in prayer.**

**Day 4:  
If by the Spirit ...**

**CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:12-13**

If we are going to achieve victory over sin, it will be through the power of the Holy Spirit (verse 13). If we do not have the Spirit's supernatural power in our lives, we will be unable to overcome the flesh, to eradicate sin, because the flesh can't overcome flesh. Sin can't gain victory over sin. An unsaved person has no capacity to deal with sin in a manner pleasing to God. But when the Spirit enters a person's life, that changes. With His presence comes the capacity to overcome the flesh.

**Read 2 Corinthians 10:1-5**

What is Paul pleading for in these verses?

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**Read Romans 7:14-25**

What is Paul's struggle? Do you struggle with a specific sin?

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The key to victory is to use the power that you already have.

### **Read Ephesians 5:18-21**

What does verse 18 mean? How does it impact the way you live?

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"Be filled with the Spirit" is not a command to fall into a trance or have an ecstatic experience; it simply means you are to allow your life to be controlled by the Spirit. When you are filled with the Spirit, you are controlled by Him. A person is controlled by whatever fills his mind. An saying referring to computers says, "Garbage in, garbage out." Likewise, whatever you put into your mind is going to control your behaviour. If you let the Spirit of God control your mind, it will be renewed in the Spirit and you will manifest godly behaviour.

**End today's study by returning to the Lord in prayer.**

## Day 5: You will live!

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:12-13, John 16:7-15 and 1 Corinthians 2:10-12**

What help do we have in our fight against sin?

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Although there may be times in a Christian's life when a snapshot would show a person living according to the flesh, over time there should be evidence of progress. However, if we put our sinful nature to death and allow the Spirit to guide us, we will be able to walk (to live) according to the Spirit.

How would you describe the "walk" in the Spirit?

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The "walk" according to the Spirit is a most natural development from minding the things of the Spirit. It

means to constantly make definite decisions based on the intelligent appreciation of the Spirit, and to live by these decisions. It is helpful to remember that there is an obvious difference between taking a step and going for a walk. While Christian experience involves taking some massive steps occasionally, the normal Christian experience is the product of a succession of relatively unimportant steps that require varying degrees of decision. A step of obedience taken in response to the Spirit's prompting will lead to a right decision which in turn will produce a walk in the Spirit.

**Read 2 Peter 1:5-10**

How should your life be different if you live by the Spirit?  
What changes?

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Is your life under control of the Holy Spirit and God's Word? Explain your answer.

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**Talk to Father about your life and recommit your life to Him.**

## GROUP DISCUSSION

# CHRIST OUR PERFECT VISION 2020

### Welcome

### Prayer

#### **Memory verse:**

*Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.*

*Romans 8:12-13 (NIV).*

#### **Reflection:**

Share with the group members how God worked in your life during this week.

#### **Scripture Reading:**

Romans 8:12-13, Ephesians 5:18-19 and 1 Corinthians 2:10-12

## Discussion questions

Read Romans 8:12-13. What obligation do believers have? An obligation to whom or what?

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What is the difference between living according to the flesh and living by the Spirit? Discuss.

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How do we go about putting to death the deeds of the body by the Spirit? Be practical.

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Read 1 Corinthians 2:10-12. Why do we have an obligation to live by the Spirit every day?

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**Close in prayer**

# A SPIRIT FILLED LIFE

HOPE LIFE FAITH  
PRAYER WORD BASED FAITH-IN-ACTION  
HOLY SPIRIT-INSPIRED CHRIST-CENTRED

**Week 4**

## CHRIST OUR The Spirit confirms our adoption PERFECT VISION

DISCIPLEMAKING ABIDE  
WISDOM

**Memory verse:**

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."*

**Romans 8:15 (NIV)**



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# Day 1: I am led by the Spirit

## CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:14, John 14:15-17 and John 16:13**

Verse 14 begins with our favourite word, "for", implying that this verse provides a logical ground for something that precedes it.

What idea, grounded by verse 14, do we find in Romans 8 verses 12 and 13?

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To interpret verse 14 properly, you need to understand the difference between *an action by an agent* and *an action by an instrument*. The Greek grammar strongly suggests that the Spirit is the instrument by which we are led.

The influence of the Spirit, if followed, would lead every person to heaven.

Who leads you? Are you letting your life be led by the Spirit?

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How does the Spirit lead you?

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What truths from the Word is the Holy Spirit currently teaching you to put into practice?

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John Murray wrote, *“human obedience is the result of the Spirit’s work.”* The internal presence of the Holy Spirit leads to an external expression of obedience.

The Spirit guides us and teaches us God’s Word - the truth - and we follow the truth.

**End today’s study by returning to the Lord in prayer.**

**Day 2:**  
**I am a child of God**

**CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:14 and 16, John 1:12 and Galatians 3:26-27**

Are you a child of God? Why do you say that?

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**Read John 1:12 and Galatians 3:26**

What is the requirement to be a child of God?

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What is the internal guarantee that you are a child of God?  
(Refer to John 1:12)

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The internal guarantee that we are God's children is two-fold. Firstly, Jesus promised us the Holy Spirit. Through faith we accept this promise as true. Believers are those who received the Holy Spirit, the Spirit of Truth. Secondly, because the Spirit is in you and leads you, it is a guarantee that you are a child of God.

How do you express yourself as a child of God?

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We might walk the walk and talk the talk, but unless the Spirit is living in us and directing our lives, we're still not a child of God. Relationship is important and so is obedience. If you are doing your own thing and living your own life according to what you want and according to what you think is best; you are not following the Spirit's guidance.

Ask God to help you to know that you are His child and help you to live as a child of God.

**End today's study by returning to the Lord in prayer.**

**Day 3:  
I am free in Christ**

**CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:15a, 2 Corinthians 3:17 and Galatians 5:1**

What does the spirit of slavery mean?

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What does the Spirit of adoption mean?

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What fear is Paul referring to? Fear of what?

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What are the differences between slaves and those who are free?

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List a few things which enslave people.

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What are the things that you are aware of that are trying to enslave you?

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Sin has far-reaching effects leading to death. On the way to death it enslaves people, taking control of their lives, causing fear. People are enslaved by or addicted to immoral sexual desires, money, power, selfishness, unforgiveness. All these and more control us, we are caught in the yoke of sin. So, in effect, sin itself becomes our master, whom we fear and are enslaved to.

However, the Spirit frees us from this bondage. Frees us from our old sinful nature, frees us from fear of not living up to God's standards. You are free!

Ask God to help you overcome old sinful desires and pray that you will be set free.

**End today's study by returning to the Lord in prayer.**

**Day 4:  
I am adopted**

**CHRIST OUR PERFECT VISION 2020**

**Begin today's study with prayer.**

**Read Romans 8:15, John 14:18 and Isaiah 43:1-3**

If we are adopted, what is our relationship with God?

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What are the characteristics of a real Father?

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Jesus promised He won't leave his disciples as orphans. The Spirit is the sign of our adoption into the family of God. We become children of God, the Father, placed under His care. We trust Him.

The words, Abba Father, were only used three times in the New Testament, signifying the deepest, most intimate, loving relationship a child can have with the Father.

**Read Mark 14:36**

What does the word “Abba” mean?

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What does it mean that we get to use the same name for God our Father that Jesus tenderly used in the garden of Gethsemane?

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How does understanding that we can call God “Abba” influences how you approach Him? Do you feel comfortable speaking to God in such an intimate way? Why or why not?

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Our Father, in heaven, is unlike any earthly father. None can compare to Him. He wants to have the same intimate relationship with you, as He has with Jesus. You are His child!

**End today’s study by returning to the Lord in prayer.**

## Day 5:

### Heir: sealed and marked by the Spirit

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:14-17, Galatians 4:1-7 and Ephesians 1:11-14**

How does the Holy Spirit testify with our spirit?

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In Roman culture, the adopted person lost all rights in his old family and gained all the rights of a legitimate child in his new family. He became a full heir to his new father's estate. Likewise, when a person becomes a Christian, he or she gains all the privileges and responsibilities of a child in God's family. One of these outstanding privileges is being led by the Spirit. We may not always feel as though we belong to God, but the Holy Spirit is our witness. His inner presence reminds us of who we are and encourages us with God's love.

Are you living like an heir or are you living like a slave? Why?

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Do you expect great things from God? What are we going to inherit?

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As a believer, you are sealed/marked as a sign that you are adopted and are a child of God. You are heirs with Christ! You have been adopted into the family with all the rights and privileges of Christ. We are heirs of all God's promises. We have the gift of eternal life, we have been set free from slavery to sin, and we will inherit the kingdom of God! We get to live eternally in heaven with God Himself!

Are you ready to inherit? Thank God, when you open His Word and find His rich promises. Enjoy them and say: This is for me!

**End today's study by returning to the Lord in prayer.**

## GROUP DISCUSSION

# CHRIST OUR PERFECT VISION 2020

### Welcome

### Prayer

#### **Memory verse:**

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”*

*Romans 8:15 (NIV).*

#### **Reflection:**

Share with the group members how God worked in your life during this week.

#### **Scripture Reading:**

Romans 8:14-17; Galatians 4:1-7 and Galatians 5:1

## Discussion questions

Read Romans 8:14-17. Describe the truth which stood out for you and explain why?

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In what ways has your experience with your earthly father (or father figure) shaped the way you think of God the Father? Positively or Negatively?

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Read Galatians 4:1-7. Why do some believers struggle with doubt that they are children of God, His adopted heirs?

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How does this week's study help bring certainty of you childhood of God?

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**Close in prayer**

# A SPIRIT FILLED LIFE

HOPE LIFE FAITH  
PRAYER WORD BASED FAITH-IN-AC  
HOLY SPIRIT-INSPIRED CHRIST-CENTERED

**Week 5**

# CHRIST OUR The Spirit: Our Intercessor PERFECT VISION

DISCIPLEMAKING ABIDE  
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**Memory verse:**

*And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

**Romans 8:27(NIV)**



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# Day 1: Present suffering and future glory

## CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:17-22**

In this passage, Paul moves on from the present ministry of God's Spirit to the future glory of God's children.

Why do you think Paul reminds us of suffering right after sharing about our adoption and telling us that we are heirs with Christ?

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**Read 2 Corinthians 4:17**

Compare this verse with what Paul says in Romans 8:18 about suffering. What do these verses say about the suffering we endure here on earth?

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How do you respond to suffering in your life? Does the kind of suffering make a difference (e.g. emotional, physical, deserved or undeserved)?

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**Read Romans 8:18-19 again**

The Greek word translated to *glory* means the greatness or fullness of God. How does the Biblical definition of *glory* help us read these verses differently?

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**Read Romans 8:19-21 again and Genesis 3:17-19**

What signs, that we can see right now, show that creation is groaning and waiting to be freed?

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For what does creation wait?

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Our earthly pains and suffering are temporary. One day, just like creation, we will be liberated from the bondage of this world – totally and completely free. Today, by God’s grace and through His Spirit, remember that your future is glorious! Glory awaits at the end of our suffering.

**End today’s study by returning to the Lord in prayer.**

## Day 2: Hopeful!

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:22-25**

We often use the word *hope*. What does the word *hope* mean to you? How would you define *hope*?

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What earthly things or people are you tempted (or have been tempted) to put your hope in?

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The hope we find in Scripture is one of anticipation and the expectation of something good, that you are sure of. Paul compares it to birth pains. As a pregnant woman perseveres, looking forward to the birth of her child and then experiences the joy of childbirth, so does the believer wait with certainty that God will confirm that He has adopted us as His children.

Read the following verses and explain how it motivates you to persevere:

1 Thessalonians 5:8	
Titus 1:2	
Titus 2:13	
Hebrews 11:1	

How can we live our lives deeply and fully while putting our hope in Christ?

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### **Read Romans 5:5**

Through Jesus we have the promise of eternal life. We wait for that as people with a trustworthy hope, who know the story will have a good ending. We know that our everlasting, true and pure Hope will never let us down or put us to shame.

**End today's study by returning to the Lord in prayer.**

## Day 3: The Spirit intervenes

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:26-27**

Define the word *intercession*.

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Sometimes our pain and confusion are so deep that we cannot come up with the words to express it, either to others or to God Himself. That is when the Holy Spirit intercedes on our behalf. The Holy Spirit is strong when we are weak. Paul gives the example that when we don't know what to pray, the Spirit intercedes for us with "groanings" too deep for words.

Have you ever had an experience like that? Have you ever waited on the Spirit to lead your prayer time?

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Is there a right or a wrong way to pray?

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Derek Thomas writes: *“Prayers that are badly expressed, prayers that are not really expressed at all, prayers that are just longing, aspirations or groans – these prayers are “fixed” on their way to the Father.”* This gives us freedom to approach God at any time and in any way.

Have you ever experienced answers to prayers you never actually prayed (it was just a longing or aspiration)? What happened?

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Why do you think the Spirit is able to intercede with the exact prayer needed and according to God’s will?

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The Spirit pleads on our behalf that we might line up with God’s plan and God’s will for our lives. That we do not stumble in this walk but stay strong in our faith.

### **Read Ephesians 6:18**

Are you willing to stand in the gap for your brothers and sisters in Christ – to pray for them? List the names of those you want to begin with.

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**End today’s study by returning to the Lord in prayer.**

## Day 4: For our good

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:28**

What comes to mind when you hear the word *good*?

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Often when we hear the word *good*, our minds go straight to our happiness and well-being. We think that God's goodness must mean that He will make our lives easier and more pleasant and that everything will turn out the way we want it.

What do you think Paul refers to when he says that God will work out things *for the good*? Does it mean that we will not have suffering, trials or pain? Refer to Genesis 50:20, 1 Corinthians 1:9 and Ephesians 1:11.

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Have you ever experienced something that was "awful" at the time, but turned out to be good? What was it?

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## **Compare 2 Timothy 1:9 with Romans 8:28**

One of the great promises of the Bible is that God works in all circumstances of the believer's life to accomplish His good purpose for them. It does not mean that He keeps all adversity (measured by our own standards) away from us. He uses everything for our benefit, in our growth into the image of Christ. No bad things that ever happen to you should dishearten you permanently, because you know it fits into God's good plan for your life.

What are the implications of Romans 8:28 for how we live and the decisions we make? Can we use this verse to encourage people who are suffering?

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God is good. His will is good, pleasing and perfect.

**End today's study by returning to the Lord in prayer.**

## Day 5: Rejoice!

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:29-30**

In verses 29 and 30 Paul makes five statements about what God did for His people. List the five statements:


Does the fact that God foreknows things mean that people have no choice and are not free?

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Verse 29 says God's people are predestined. To what are we predestined? (Refer to 2 Corinthians 3:18). How does it relate to our present situation?

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What is God's purpose in conforming us in Christ's image?

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Paul mentioned calling after the predestination to conform to the likeness of Christ and before justification. Why? Have you accepted God's calling?

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**Read Romans 4:6-7 and 2 Corinthians 5:21**

What is justification?

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**Read Philippians 3:20-21**

What is glorification?

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The sequence (or chain) of God's acts on behalf of believers, explains the purpose God has for His people.

God knew you before you were born. He created you for a special purpose. He chose you to become like Christ. Then the chosen was called to Him, to be in right standing with Him. We stand before the all-righteous judge and we are guilt free. And therefore, we will inherit His glory!

Our confidence for the present time, as well as for future glory, is rooted in God, not in our circumstances.

**End today's study by returning to the Lord in prayer.**

# GROUP DISCUSSION

## CHRIST OUR PERFECT VISION 2020

### Welcome

### Prayer

#### **Memory Verse:**

*And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

*Romans 8:27*

#### **Reflection:**

Share with the group members how God worked in your life during this week.

#### **Scripture Reading:**

Romans 8:17-30

## Discussion Questions

What examples of present suffering do you see in verses 18-27? How is the future glory described?

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Verses 24-25 speak of hope. What is the hope that is defined here? In what practical ways can you express this sort of hope?

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Notice the three uses of the word groan (or sigh) in this passage. Who or what is groaning?

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Focus on verses 26-27. What do you appreciate about the Holy Spirit's work as it is described here?

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How does the fact that the Holy Spirit intercedes for you change your way of life?

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**Close in prayer**

# A SPIRIT FILLED LIFE

## Conclusion:

# More than CHRIST OUR Conquerors

# PERFECT VISION

**Memory verse:**

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

**Romans 8:38-39 (NIV)**



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## More than conquerors

# CHRIST OUR PERFECT VISION 2020

**Begin today's study with prayer.**

**Read Romans 8:31-39**

In this passage, Paul asks 5 rhetorical questions. List them below:


What are "these things" that Paul refers to in verse 31?

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**Read Psalm 27:1, Psalm 118:6 and Hebrews 13:6**

What assurance does these verses offer to believers and to you personally?

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Satan may continue to battle against us and people may oppose us, but nothing can ever successfully separate the believer from God.

Why might Paul be highlighting suffering again in verses 36-37?

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What does it mean to be a conqueror (or more than a conqueror)?

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We are not conquerors because of our strength or our will to succeed. We are not even conquerors because we have faith. No, we are conquerors because of God's love for us.

**Read Galatians 2:20 and Ephesians 5:2**

As we see in Romans 8:37, victory does not come by our own strength and might. How will we be victorious?

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In Romans 8:38 Paul states: "I am sure..." List the things that we can be sure won't separate us from the love of Christ. Why can we be as certain as Paul was?

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What do you learn about God and His character in Romans 8:31-39?

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How can you apply these verses in your life?

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John Stott in his study of Romans, sums this up well:  
*"Insecurity is written across all human experience. Christian people are not guaranteed immunity to temptation, tribulation or tragedy; but we are promised victory over them. God's pledge is not that suffering will*

*never afflict us, but that is will never separate us from his love.”*

God’s love will never fail, will never let go and will never allow us to be trampled. God will be faithful to us to the very end of time. With confidence and great assurance of faith, we can proclaim from the mountaintops: “God is for us, and we are more than conquerors!”

**End today’s study by returning to the Lord in prayer.**

## Memory Verses

# CHRIST OUR PERFECT VISION 2020

### Week 1

*Therefore, there is now no condemnation for those who are in Christ Jesus*  
Romans 8:1 (NIV)

### Week 2

*Those controlled by the sinful nature cannot please God. You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you.*  
Romans 8:8-9 (NIV)

### Week 3

*Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.*  
Romans 8:12-13 (NIV)

## **Week 4**

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

Romans 8:15 (NIV)

## **Week 5**

*And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

Romans 8:27 (NIV)

## **Addendum**

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Romans 8:38-39 (NIV)

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**2020**