

Lesson 7: Freedom from Sin's Bondage through Christ

Text: Romans 8

Memory Verse: Romans 8:1

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

For the last couple of weeks, we have discussed how powerful the bondage of sin was over our lives. Though the Law of Moses was good, sin used the Law for its own purposes, using our sinful nature against us. We were powerless to fulfill the Law on our own. At the end of chapter 7, Paul speaks of the war within us (between flesh and spirit), asking "Who will free us from this body of death?" The answer is at the beginning of Chapter 8:

"So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death." (8:1-2)

Jesus' death on the cross has such great purpose! He died that we may be free through the power of the "life-giving Spirit". The Law was unable to save us because of the weakness of our sinful nature. So Jesus did what the law could not do (8:3). Christ gave us the ability to "no longer follow our sinful nature, but instead follow the Spirit" (8:4). Our freedom from the bondage of sin comes from the power of the Holy Spirit, which we receive with our salvation. We must set our minds to let the Spirit control us and to follow His lead, instead of following our own selfish desires.

"Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.... But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you."(8:5-6, 9)

Do you have any doubt of being filled with the Holy Spirit?

Please understand that this freedom we have from our sinful bodies does not mean that we will not have fleshly desires or thoughts. What it does mean is that you are no longer under the obligation to do what your sinful nature urges you to do (v. 12). Now you have something that you did not have before salvation – the power of the Holy Spirit. The same Holy Spirit that resurrected Jesus Christ! Jesus even told his disciples: "But in fact, **it is best for you that I go away**, because if I don't, **the Advocate** won't come. If I do go away, then I will send him to you" (John 16:7). That's how great the freedom in the Holy Spirit is! Jesus said this way was better than Him being here on earth. Why? Because with the Holy Spirit, God can now work through every believer, just as He did with His son. And the Holy Spirit does the same thing within us that he did for Christ- he brings us new life! In this new life, we are considered the children of God.

*But if through the power of the Spirit you put to death the deeds of your sinful nature, **you will live**. For all who are **led** by the Spirit of God are children of God. (8:13-14)*

Activity:

Using the verses below, list all of the benefits or freedoms that we have with the Holy Spirit.

Romans 8:18 – 39

18 Yet what we suffer now is nothing compared to the glory he will reveal to us later. 19 For all creation is waiting eagerly for that future day when God will reveal who his children really are. 20 Against its will, all creation was subjected to God's curse. But with eager hope, 21 the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. 22 For we know that all creation has been groaning as in the pains of childbirth right up to the present time. 23 And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children including the new bodies he has promised us. 24 We were given this hope when we were saved. (If we already have something, we don't need to hope for it. 25 But if we look forward to something we don't yet have, we must wait patiently and confidently.)

26 And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. 28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. 29 For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. 30 And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory.

31 What shall we say about such wonderful things as these? If God is for us, who can ever be against us? 32 Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? 33 Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. 34 Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.

35 Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? 36 (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") 37 No, despite all these things, overwhelming victory is ours through Christ, who loved us.

38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Summary Statements

- **The power of the Holy Spirit has freed us from the power of sin that leads to death.**
- **To access this power, we must follow the unction of the Holy Spirit, not the unction of our flesh.**
- **The freedom that is given to us through the Holy Spirit takes us away from the obligation to do what our sinful nature desires.**

Questions for Reflection

1. What times do you feel like your sinful nature has more control? What times do you feel like the Holy Spirit inside of you has control? What can we do to be more Spirit led?
2. Do you feel more “freedom” as a Christian? Or do you still feel bound by sin? What are good, effective ways to enter into the freedom we have in Christ?
3. Besides the things we found in Romans 8, what are other freedoms and benefits found in the Bible that we have with the Advocate (the Holy Spirit)?