

No Condemnation

Small Group Lesson

WHEN LIFE IS HARD



STUDENT GUIDE

SCRIPTURE

ROMANS 8:1–11

Read Romans 8:1–4 and discuss 1–2 of these questions:

- How does having no condemnation change how we respond to our sin?
- In what ways do you think guilt and shame try to control us?
- How would embracing the freedom you have in Christ impact or change your feelings of guilt and shame?

Read Romans 8:5–11 and discuss 1–2 of these questions:

- How does the Spirit change our mindset?
- What encouragement do you find knowing that the Holy Spirit lives in you?
- What can you do to practice relying on the Holy Spirit more than your feelings?

CONNECTION

- How does a condemned house illustrate the feelings of guilt and shame we sometimes have when we sin?
- When have you ever felt like you were unfit for God or beyond his repair?



MARK OF A DISCIPLE

Disciples of Christ aren't controlled by guilt and shame because there is no condemnation in Jesus.

APPLY IT

Make a list of things causing you to feel guilt and shame. It might be things you have heard said about you, things you believe about yourself, or things you have done. After you finish your list, do something to visibly "throw it away." You could ball it up and toss it in the trash, burn it, or rip it to shreds—something that demonstrates there is no condemnation for you. Doing this with other believers might be a powerful experience.

Be specific:

- What are you going to do?
- When are you going to do it?
- Is there someone who can keep you accountable?

PRAYER

Take time to pray for each other's applications in the upcoming weeks.

MEMORY VERSE

**"There is therefore now
no condemnation for those
who are in Christ Jesus."**

Romans 8:1 (ESV)

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