



### **Romans 8:1-11 (ESV)**

<sup>1</sup> There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup> For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. <sup>3</sup> For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, <sup>4</sup> in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. <sup>5</sup> For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. <sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. <sup>7</sup> For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. <sup>8</sup> Those who are in the flesh cannot please God.

<sup>9</sup> You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. <sup>10</sup> But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. <sup>11</sup> If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

### **Romans 8:1-11 (HCSB)**

<sup>1</sup> Therefore, no condemnation now exists for those in Christ Jesus, <sup>2</sup> because the Spirit's law of life in Christ Jesus has set you free from the law of sin and of death. <sup>3</sup> What the law could not do since it was limited by the flesh, God did. He condemned sin in the flesh by sending His own Son in flesh like ours under sin's domain, and as a sin offering, <sup>4</sup> in order that the law's requirement would be accomplished in us who do not walk according to the flesh but according to the Spirit. <sup>5</sup> For those who live according to the flesh think about the things of the flesh, but those who live according to the Spirit, about the things of the Spirit. <sup>6</sup> For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace. <sup>7</sup> For the mind-set of the flesh is hostile to God because it does not submit itself to God's law, for it is unable to do so. <sup>8</sup> Those who are in the flesh cannot please God.

<sup>9</sup> You, however, are not in the flesh, but in the Spirit, since the Spirit of God lives in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. <sup>10</sup> Now if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. <sup>11</sup> And if the Spirit of Him who raised Jesus from the dead lives in you, then He who raised Christ from the dead will also bring your mortal bodies to life through His Spirit who lives in you.

# English Standard Version Bible - *Study Bible*<sup>1</sup>

## Romans 8:1-11

**8:1-17 Life in the Spirit.** Paul celebrates the new life of the Spirit that Christians enjoy as a result of Christ's saving work.

**8:1 Therefore** indicates that Paul is stating an important summary and conclusion related to his preceding argument. The "therefore" is based first on the exclamation of victory that comes "through Jesus Christ our Lord" (7:23-25), which in turn is linked back to 7:6, where the idea of the "new life of the Spirit" is first mentioned. But more broadly Paul seems to be recalling his whole argument about salvation in Christ from 3:21-5:21. The **now** in 8:1 matches the "now" in 7:6, showing that the new era of redemptive history has "now" been inaugurated by Christ Jesus for those who are "now" in right standing before God because they are united with Christ. But the summary relates further to the whole argument presented in chs. 3, 4, and 5.

**No condemnation** echoes the conclusion stated in 5:1 ("Therefore... we have peace with God") and underscores the stunning implications of the gospel first introduced in 1:16-17. As Paul immediately goes on to explain, there is "no condemnation" for the Christian because God has condemned sin in the flesh by sending his own Son (8:3) to pay the penalty for sin through his death on the cross. The following verses then show that indwelling sin is overcome through the power of the indwelling Spirit, with ten references to the Spirit in vv. 4-11.

**8:2** The evidence that believers are in Christ is that the power of sin has been broken in their lives by the work of the Holy Spirit. **Law** in both instances means principle.

**8:3 The law** (in this instance, the Mosaic law) could not solve humanity's problem because sin employs the law for its own purposes, as ch. 7 explained. God sent his Son as a sacrifice **for sin** (an idiomatic phrase designating a sin offering) and paid the full penalty for sin in his sacrifice (**condemned sin**). **In the flesh** refers to Christ's body, and **in the likeness of sinful flesh** means that Jesus became fully human, even though he was sinless.

**8:4 righteous requirement of the law... fulfilled.** This could mean the requirement is fulfilled in the new life that Christians live on the basis of Christ's work, or it may refer to the full penalty of the law being met at the cross.

**8:6 To set the mind on the flesh** means to think continually about and constantly desire the things characteristic of fallen, sinful human nature, that is, to think just the way the unbelieving world thinks, emphasizing what it thinks important, pursuing what it pursues, in disregard of God's will.

**8:7** Those who are in the flesh behave as sons and daughters of sinful Adam and are **hostile to God**. They do not keep God's law, and indeed they are unable to keep it because they are slaves to sin (6:6, 17, 19-20).

**8:8** Because unbelievers (**those who are in the flesh**) are in bondage to sin and unable to do what God commands, they fail to please God.

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1. Lane T. Dennis, ed., *ESV Study Bible, The: English Standard Version*, (Wheaton, Illinois: Crossway Bibles, 2008), WORDsearch CROSS e-book, Under: "Romans 8".

**8:9** By definition, Christians are not **in the flesh**, for all who believe in Christ are indwelt by the Holy Spirit. Paul alternates between **the Spirit of God** and **the Spirit of Christ** here, showing that Christ and God share the same status.

**8:10** The previous verse speaks of the Spirit's indwelling, but here Paul describes Christ's dwelling in Christians. This does not mean that there is no difference between Christ and the Spirit (which is the ancient heresy of modalism), but it does suggest that Christ and the Spirit are both fully God, and work cooperatively. Since the bodies of Christians are not yet redeemed, they still die, even though they are freed from the condemnation of sin. Yet the presence of the Spirit within believers testifies to the new life they enjoy because of the righteousness of Christ that is now theirs.

## Holman Christian Standard Bible - Study Bible<sup>2</sup>

### Romans 8:1-11

**8:1-39** **Romans 8** has been called the most wonderful chapter in the Bible. It begins with "no condemnation" ([v. 1](#)) and ends with no separation from God ([v. 39](#)). Whereas [7:14-25](#) describes the new man in relation to the law, chapter 8 describes the new man in relation to the Holy Spirit and His work in and through the new man.

**8:1** There is **no condemnation** for the believer because he is not under the law ([6:14](#)), and he has been released from the law ([7:6](#)). He can now serve God in the "new way of the Spirit" ([7:6](#)).

**8:2-3** The believer's freedom comes from Jesus' incarnation and His work as the **sin offering** and by the Holy Spirit's operation in providing life. The Second Person of the Trinity, the **Son**, took on humanity. He did not cease to be God but took on a real human nature (without sin) and became the perfect offering. He fulfilled the law's demands in His life and in His death and broke sin's power in a human body on the cross.

**8:4** Christians can now live a new way of love. "Love... is the fulfillment of the law" ([13:10](#)). They can live freely in keeping with the **Spirit**.

**8:5** Paul described the two kinds of people: the old man and the new—two different kinds of existence or two "mind-sets."

**8:6** The outcome of the two ways of thinking are explained: **death** versus **life and peace**.

**8:7-8** Unregenerate people (Gk *in sark*; lit "in the flesh") are **hostile to God** and **unable to submit to God's law** because they lack God's Spirit, which makes submission possible.

**8:9-11** Christians are in a new realm, for the **Spirit** indwells them. The Spirit's presence is the mark of Christ's ownership. The Christian's physical body will still die because of sin's effects (unless the Lord returns before death; [1Co 15:50-57](#)). The pledge and promise of the Spirit is that He will raise us as He did Jesus. Now the Spirit provides **life** and **righteousness**.

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2. Jeremy Royal Howard, ed., HCSB Study Bible, (Nashville, TN: Holman Bible Publishers, 2010), WORDsearch CROSS e-book, Under: "Romans 8".

## NLT Life Application Study Bible<sup>3</sup>

### *Romans 8:1-11*

**8:1** "Not guilty; let him go free." What would those words mean to you if you were on death row? The fact is that the whole human race *is* on death row, justly condemned for repeatedly breaking God's holy law. Without Jesus we would have no hope at all. But thank God! He has declared us not guilty and has offered us freedom from sin and power to do his will.

**8:2** This life-giving Spirit is the Holy Spirit. He was present at the creation of the world ([Genesis 1:2](#)), and he is the power behind the rebirth of every Christian. He gives us the power we need to live the Christian life. For more about the Holy Spirit, read the notes on [John 3:6](#); [Acts 1:3](#); [1:4, 5](#); [1:5](#).

**8:3** Jesus gave himself as a sacrifice for our sins. In Old Testament times, animal sacrifices were continually offered at the Temple. The sacrifices showed the Israelites the seriousness of sin: Blood had to be shed before sins could be pardoned (see [Leviticus 17:11](#)). But the blood of animals could not really remove sins ([Hebrews 10:4](#)). The sacrifices could only point to Jesus' sacrifice, which paid the penalty for all sins.

**8:5, 6** Paul divides people into two categories: those who are dominated by their sinful nature, and those who are controlled by the Holy Spirit. All of us would be in the first category if Jesus hadn't offered us a way out. Once we have said yes to Jesus, we will want to continue following him, because his way brings life and peace. Daily we must consciously choose to center our life on God. Use the Bible to discover God's guidelines, and then follow them. In every perplexing situation, ask yourself, What would Jesus want me to do? When the Holy Spirit points out what is right, do it eagerly. For more on our sinful nature versus our new life in Christ, see [6:6-8](#); [Ephesians 4:22-24](#); [Colossians 3:3-15](#).

**8:9** Have you ever worried about whether or not you really are a Christian? A Christian is anyone who has the Spirit of God living in him or her. If you have sincerely trusted Christ for your salvation and acknowledged him as Lord, then the Holy Spirit lives within you and you are a Christian. You can be assured that you have the Holy Spirit because Jesus promised that he would send him. Since you now believe that Jesus Christ is God's Son and that eternal life comes through him ([1 John 5:5](#)), you will begin to act as Christ directs ([Romans 8:5](#); [Galatians 5:22, 23](#)); you will find help in your daily problems and in your praying ([Romans 8:26, 27](#)); you will be empowered to serve God and do his will ([Acts 1:8](#); [Romans 12:6ff](#)); and you will become part of God's plan to build up his church ([Ephesians 4:12, 13](#)).

**8:11** The Holy Spirit is God's promise or guarantee of eternal life for those who believe in him. The Spirit is within us now by faith, and by faith we are certain to live with Christ forever. See [Romans 8:23](#); [1 Corinthians 6:14](#); [2 Corinthians 4:14](#); [1 Thessalonians 4:14](#).

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3. *Life Application Study Bible*, (Wheaton, IL: Tyndale, 1988), WORDsearch CROSS e-book, 1907-1908.

# Life Application Concise New Testament Commentary<sup>4</sup>

## *Romans 8:1-11*

### *Life in the Spirit / [8:1-17](#)*

At the end of [chapter 7](#), Paul assures all believers of having power to overcome sin and the assurance of final deliverance from this evil world. But he includes the reminder that during this lifetime, there will be constant tension because in the sinful nature, even a believer is “a slave to sin” ([7:25](#)). The question arises, So, are we to spend our entire lives defeated by sin? The answer is a resounding no! In this chapter, Paul describes the life of victory and hope that every believer has because of Christ Jesus.

**8:1** We feel condemned because Satan uses past guilt and present failures to make us question what Christ has done for us. Our assurance must be focused on Christ, not our performance. No matter how we may feel, **there is no condemnation for those who belong to Christ Jesus**. Because we have been rescued by Christ ([7:24-25](#)), we are not condemned. To belong to Christ Jesus means to have put our faith in him, becoming a member of his body of believers. Jesus said, “I assure you, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life” ([John 5:24](#)).

**8:2** The **life-giving Spirit** is the Holy Spirit, who was present at the creation of the world as one of the agents in the origin of life itself ([Genesis 1:2](#)). He is the **power** behind the rebirth of every Christian, and the one who helps us live the Christian life. The Holy Spirit sets us free, once and for all, from **the power of sin** and its natural consequence, **death**. How did this happen?

**8:3** Freedom over sin never can be obtained by obedience to the law. The law of Moses could not save us, because of our sinful nature. But what the law can't do, God did by sending his own Son in a human body like ours, except that ours are sinful. Jesus was completely human ([John 1:14](#)), with the same desires that yield to sin, yet he never sinned (see [2 Corinthians 5:21](#); [Hebrews 2:17-18](#); [4:14-16](#)). Christ took on humanity in order to be a sacrifice for our sins. Because Christ was sinless, his death passed the “death sentence” on sin for all of us, destroying sin's control over us.

In Old Testament times, animal sacrifices were continually offered at the temple. These animals brought to the altar had two important characteristics: they were alive, and they were without flaw. The sacrifices showed the Israelites the seriousness of sin: innocent blood had to be shed before sins could be pardoned (see [Leviticus 17:11](#)). But animal blood could not really remove sin ([Hebrews 10:4](#)); and the forgiveness provided by those sacrifices, in legal terms, was more like a stay of execution than a pardon. Those animal sacrifices could only point to Jesus' sacrifice that paid the penalty for all sin. Jesus' life was identical with ours, yet unstained by sin. So he could serve as the flawless sacrifice for our sins. In him, our pardon is complete. The tables are turned so that not only is there “no condemnation for those who belong to Christ Jesus,” but also the very sin that guaranteed our condemnation is itself condemned by Christ's sacrifice.

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4. Barton B. Bruce et al., *Life Application New Testament Commentary*, (Wheaton, IL: Tyndale House, 2001), WORDsearch CROSS e-book, 606-607.

**8:4** The **requirement of the law** is holiness (see [Leviticus 11:44-45](#); [19:2](#); [20:7](#)); but the law is powerless to make us holy because of our innate sinfulness. Only through Christ's death and the resulting freedom from sin can we **no longer follow our sinful nature but instead follow the Spirit** and thus fulfill the righteous requirements of the law. The Holy Spirit is the one who helps us become holy. The Holy Spirit provides the power internally to help us do what the law required of us externally.

It is the Spirit who produces "fruit" in us; only in this way can we fulfill the requirements of the law. But Paul has already made it clear that the law is powerless to save. So why do its requirements still need to be met? The law is God's law and was never meant to be cast aside. Paul makes a distinction between two kinds of obedience to the law. He speaks against the obedience to the law that stays merely at the level of the flesh (such as being circumcised because the law required it) and the obedience that depends on God's Holy Spirit. Only the latter fulfills the law. When we live according to the Spirit, we actually do meet the requirements of the law.

**8:5** We will struggle constantly with sin and its temptations until the resurrection. People who decide to follow their **sinful nature** will be **dominated** by it and **think about sinful things**. But believers do not need to live in sin because they can now live **controlled by the Holy Spirit**, so they can **think about things that please the Spirit**. We must follow Christ daily in every area of our life, in our choices and moral decisions. Will you follow your former sinful nature or the Spirit's leading?

**8:6** The **mind** refers to our mind-set, our goals. Choosing to let the **sinful nature** be in control will result in **death**, both spiritual and physical. Choosing to let the **Holy Spirit** control our minds will bring us full **life** on earth, eternal life, and **peace** with God. Elsewhere in Scripture we find the characteristics of a mind under the Spirit's control. It will be a mind directed toward truth, aware of the Spirit's presence ([John 14:17](#)). It will be a mind seeking to please the Holy Spirit ([Galatians 6:8](#)). It will be a mind active in memorizing and meditating on the words of Christ ([John 14:26](#)). It will be a mind sensitive to sin ([John 16:7-11](#)). It will be a mind eager to follow the Spirit's guidance ([Galatians 5:16-22](#)). The control of the Holy Spirit begins with voluntary commitment and submission to Christ.

**8:7-8** The **sinful nature** cannot submit to God because it is the seat of indwelling sin and is **always hostile to God**. Living in sin, following one's own desires, and disregarding God boils down to hostility to him. Every person not united to Christ is thoroughly controlled by sin's power. Thus, **those who are still under the control of their sinful nature can never please God** because they are interested only in themselves and have cast aside the one and only power that can defeat sin. The mind directed by the sinful nature can only be devoted to its own self-gratification, which will lead to destruction.

Every human being has a sinful nature. But believers in Christ have access to the Holy Spirit. In fact, Paul says, "The Spirit of God lives in you" ([8:9](#)). Believers are still in the flesh, but because they are born again, they also have God's Spirit. The question is which will be in control.

**8:9-11** In contrast to those still controlled by the sinful nature, believers **are not controlled by our sinful nature** when we have yielded control to **the Spirit of God**. To **not have the Spirit of Christ** means to not be a Christian. Christ's Spirit lives within our human spirits, but our fleshly bodies are still infected by **sin** and **will die**. Sin has been defeated by Christ, but sin and death still claim their hold on our mortal bodies. Yet in these bodies we are **alive** spiritually and can live by the Spirit's guidance. In addition, we are promised the physical resurrection of our bodies into eternal life. **The Spirit of God who raised Jesus from the dead** will also **give life** to us. So there is wonderful hope even for our prone-to-decay bodies.

# Study and Discussion Questions



## Life Through the Spirit - [Romans 8:1-17](#) (Part 1: vs 1-11)

Topics: [Desires](#), [Holy Spirit](#), [Law](#), [Sin](#), [Spiritual Rebirth](#), [Weaknesses](#)

### Open It

1. If you were released from a three-year captivity as a hostage, what would you do during your first week of freedom?

### Explore It

2. What is the status of a person who trusts in Jesus Christ? ([8:1](#))
3. How is a person set free from the law of sin and death? ([8:2](#))
4. What did God do that the Law was powerless to do? ([8:3-5](#))
5. What is the difference between those who live according to their sinful nature and those who live according to the Spirit? ([8:5-8](#))
6. How can a person know if he or she is controlled by the sinful nature or by the Spirit? ([8:9](#))
7. What promise is given to people living in the Spirit? ([8:11](#))

### Get It

8. What feelings of condemnation and rejection may Christians feel?
9. In what ways does knowing Christ set us free?
10. How does living for Christ change the desires of our heart?

### Apply It

11. What area of your life do you need to turn over to God's mighty power? How will you?