

**The Law of the Spirit of Life**  
A Study of the Book of Romans  
Pastor Tim Allen

**Key Truth:** We have no condemnation in Christ Jesus because God through the law of the Spirit of life has set us free.

Paul mentions the Holy Spirit 4 times in the previous seven chapters of Romans, but now mentions him 20 times in this chapter alone. Clearly, Paul's shifting his focus to the ministry of the Holy Spirit, and in this chapter, at least, his internal ministry in the hearts of believers. Since, the Spirit has also come to dwell in us, bringing Christ to us, we're not only justified, we're also sanctified, and of course growing in that sanctification, being transformed into the image of Christ from the inside out. This is the great power of God – the law of the Spirit of life, which sets us free from the power of sin.

## **DISCUSS**

Read **Romans 8:1-8** and discuss with the group a statement or concept that stood out to you or impacted you in the sermon entitled **"The Law of the Spirit of Life."**

## **DIG IN**

**1. God's Work** (Romans 8:1-4a)

In what ways is the law too weak to liberate us from sin and death? In what ways is the law of the Spirit of life a greater power?

In what ways does the incarnation of Jesus Christ demonstrate God's power?

How is the law powerful enough to condemn the sinner but not powerful enough to condemn the sin?

In what ways does Jesus' sacrifice fulfill the righteous requirements of the law in us?

**2. Our Walk** (Romans 8:4b-8)

In what ways does our walking according to the Spirit demonstrate Spirit-powered actions?

What does it mean to set our minds on the things of the Spirit?

In what ways are the unsaved hostile to God? How does that change when the unsaved are converted to Christ?

How does meditating on Christ and his words help us to set our minds on the things of the Spirit (see John 15:7-8; Galatians 5:16)?

## **DO**

What lessons do you learn from these verses that you will take with you throughout the coming week?