



Romans 8

“There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.”

1. This verse introduces the daylight after two chapters of the darkness and questioning of carnality Paul suffered through in chapters 6 and 7. Verses 1-8 is the transition into the message of freedom in this chapter.
2. Chapters 9-11 are parenthetical. Paul’s love for his natural people the Jews, and God’s plan for them during the Church Age and the coming Tribulation.
3. The production of the spirit and word filled life will be taken up, again, in the follow up twelfth chapter.
4. Our struggles with sin cannot separate us from eternal life. This chapter tells us we will always have, before our eyes, the eternal freedom from God’s wrath for those who are saved.
5. The production of the spirit and word filled life will be taken up again in the follow up twelfth chapter. The renewing of the mind.
6. Verse one does not include the phrase “who walk not after the flesh but after the Spirit.” It will be found in verse 4, correctly attached to the walk of faith, growth, and discipleship. Not salvation.

“For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.”

1. Since the Holy Spirit lives in our human spirit, nothing can separate us from the life of the Spirit in us. We, like Paul, may be under the control of the flesh for a while, but we can break loose of its power because it is temporary, and our salvation is eternal.
2. If we walk in the power of the Holy Spirit and are guided by God’s word, we are protected from the power of the flesh. We are able to walk in freedom from sin and true holiness, which is God’s goal for our daily walk. When we sin, we become carnal – under the control of the flesh. We need to return to fellowship through confession of sins (1 John 1:9).

“For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh...”It was the humanity of Christ Who died for our sins, condemning sin in His flesh.

1. The God-Man, Jesus, took our sins and fulfilled the law through His perfect, sinless birth, life, and crucifixion (Hebrews 10:5). On the cross, He cried out, “It (the law) is finished.”
2. Because Jesus condemned, in His flesh, we can conquer sin in our flesh, taking authority over it, by walking in the Spirit and walking in God’s word.
3. The law could never free an unbeliever or believer from the control of the flesh. The law gave strength to the flesh instead of restraining it.

“...That (so) the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.”

1. This is where the walk, or lifestyle, of the believer is needed. When we begin to grow spiritually.
2. We cannot grow under the control of the flesh. Only under the control of the indwelling Holy Spirit. Any deed done must be while the believer is spiritual, not carnal. Fleshly control produces corruptible works. The other produces incorruptible works which will be rewarded in eternity.
3. Because Jesus conquered sin in His death on the cross and we have received Him as our Lord and Savior, we have power over our own flesh. This is the new walk of righteousness, holiness, and ever-increasing journey of discipleship.

“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, the things of the Spirit.”

1. The carnal and spiritual believer are being spoken of here. This is the war Paul went through in chapters 6 and 7.
2. The mind is the deterring factor between carnality and spirituality.
 - a. The believer decides to listen to the nature of the flesh or the nature of the Holy Spirit.
 - b. At the point of choice, the believer is under the control of one or the other. They are then either spiritual or carnal.
 - c. The believer can choose to remain carnal or become spiritual by confessing their sins and being forgiven of it.

“For to be carnally minded is death, but to be spiritually minded is life and peace.”

1. Since the mind determines the swing vote, it determines whether a believer is carnal or spiritual. The choice is made of the believer's will.
2. The spiritual mind is under the control of the Holy Spirit and God Himself.
3. The carnal mind is under the control of the flesh, the world, and Satan Himself (1 Corinthians 3:1-15).
4. Choosing to use 1 John 1:9 changes carnality to spirituality.
5. Whatever the flesh can produce is temporary and doomed to perish. The flesh is temporary.
6. What the spirit can produce is eternal. The recreated human spirit is eternal.

“Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.”

1. The mind, under the control of the flesh, becomes the enemy of God. This makes us His enemy.
2. Neither the flesh nor the carnal mind can ever be subject to God's law (Romans 7:18).

“So then, those who are in the flesh cannot please God.”

1. Attempting to exercise faith in carnality is useless because “without faith it is impossible to please God” (Hebrews 11:6). The carnal mind nullifies faith.
2. The nature of the flesh, in a believer, cannot erase a relationship with God, our salvation. It can nullify God's pleasure with us in our daily life.
3. God loves all of His children. He does not necessarily like them all or is pleased with them all.
4. He loves us because we are born again and members of His family. He is pleased with us because we walk free from sin's control and do His will in the earth.
 - a. God said of Jesus twice, “This is My beloved Son in whom *I am well pleased.*”

“But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.”

1. Although a believer may be under the control of the flesh, God always sees them as His child, “in the Spirit.”
 - a. Being carnal affects our representation for the Lord in front of others.
 - b. Carnality can never override our righteousness before God because, in heaven, we are still seen as righteous.

- c. Carnality brings sorrow, a lack of spiritual power, and little resistance to Satan and demons. It affects our righteousness before the world.

“And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.”

1. Seeing our flesh as already dead is a key to waking in righteousness.
 - a. The flesh cannot nullify our salvation.
 - b. The flesh can never go to heaven.
 - c. The flesh can never inherit the kingdom of God.
2. Our spirit is the only part of our being receiving eternal life – forever alive.
3. Since our flesh is dead, our body will one day be changed into a resurrection body.
 - a. Our resurrection body will be created from our recreated spirit.
 - b. It will live eternally with God in heaven.
4. Our human body is dead forever, forever unredeemable.
5. Our spirit is forever alive.

“But if the Spirit of Him raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.”

1. It took the Holy Spirit to raise Jesus from the dead and give Him an eternal resurrection body.
 - a. Our mortal body will be changed into a resurrection body, by the same Holy Spirit Who changed the body of Jesus.
 - b. This will happen at the rapture of the Church.

“Therefore, brethren, we are debtors – not to the flesh, to live according to the flesh.”

1. We are debtors to the world to give them the gospel (Romans 1).
2. We are debtors to ourselves to resist the flesh we still live in.

“For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”

1. We have two choices to make:
 - a. We are to not live by the power of the flesh. Whatever is produced will not last.

- b. Living under the control of the flesh can bring physical death, the sin unto death (1 John 5:16).
2. We are to live by putting down the power and temptations of the flesh and see them as dead.
3. We are to see ourselves alive to God and dead to sin.
4. The flesh cannot destroy the deeds of the spirit
5. The spirit can destroy the deeds of the flesh.
6. Our spirit, which is alive, has much more power than our flesh.

“For as many as are led by the Spirit of God, these are sons of God.”

1. This type of life is the outward sign of discipleship to God and the world. This shows them full grown sons and daughters of God.
2. This entire process will be presented in chapter 12 – the renewing of the mind and growing by the power of the Word of God.

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.”

1. Under the new covenant, with the Holy Spirit living in us, God is our Father.
 - a. We no longer see God as only God.
 - b. We see ourselves as a child in His family.
2. Abba is Aramaic (Chaldean and Hebrew) for father.
 - a. Abraham’s name is Ab (father).
 - b. Rahab (of many nations), an endearing title of a close relationship.

“The Spirit Himself bears witness with our spirit that we are children of God...”

1. The way the Spirit confirms our sonship is more than just a feeling or sense. It is impressing the word to our soul.
 - a. We are to be mature sons when we are led by the Holy Spirit (verse 14).
 - b. The Holy Spirit lets us know, through the word, we are God’s children (verse 16).
2. We can remind ourselves of this verse any time we doubt the reality of our salvation. This is a true sign of maturity.

“...And if children, then heirs – heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.”

1. Heirship is based on birth, not works. No one is an heir without being born an heir.
2. We are not heirs based on ourselves, but because of Who we are in.
3. We are heirs because we share the Heirship of Jesus.
4. We are heirs with God through joint heirship with the Son.

Suffering is Part of Our Life

Even as believers. It is part of the present condition of nature (verses 18-27).

“For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”

1. Verse 18 is the beginning of showing how a mature believer handles suffering and the benefits of maturity which can come through suffering.
2. Whatever we suffer in life is not even worthy to be mentioned in comparison to what heaven will be like.
 - a. Paul states in 2 Corinthians 4:17 the afflictions of this life are a light weight and the glory of eternity with Christ.
 - b. The afflictions of earth and eternity in heaven can never be compared.

“For the earnest expectation (eager anticipation) of (all) the creation eagerly waits for the revealing of the sons of God.”

1. Verse 19 is the first of three groans.
2. All believers from all times are anticipating and eagerly waiting for the second coming of Jesus to set up His kingdom on the earth.
 - a. The Church is waiting for the rapture. It is the first sign of Jesus coming to the earth
3. Nature is also waiting for the return of Jesus to release the earth from its bondage.
 - a. Nature is waiting for the second coming, the return of Jesus to rule the earth (Revelation 19:11).
 - b. Nature is not waiting for the sons of God, but their visible *manifestation*. The revealing of them, seven years after the rapture.
4. The second coming of Jesus will occur at the end of the tribulation and usher in the Millennium.
5. The Church, which was resurrected and removed seven years previously, will return in resurrection bodies with Jesus on that day.

“For the creation was subjected to futility, not willingly, but because of Him who subjected it in hope;”

1. Nature was made subject (a servant) to vanity in Genesis chapter 3 when the curse of Adam’s disobedience was placed on the earth.
2. God allowed the curse to come because He told Adam it would come if he disobeyed God.
3. God allowed the curse knowing the remedy would come through the virgin birth of Jesus and the cross.
4. God gave Adam and Eve glory, honor, and dominion.
5. Because of the curse, man can only produce cursed offspring now.
6. Satan’s entire kingdom is cursed
7. When the human being decides to be born again, he moves out of Satan’s kingdom and back into God’s.
 - a. He has God’s life again.
 - b. This new life is in his spirit and a new resurrection body is yet to come.

“...Because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God.”

1. Nature will be delivered from the bondage of corruption at the start of the millennium.
 - a. No more thorns, storms, war, etc....
2. Nature will be delivered into liberty at the same time the children of God return with Jesus to rule the earth.
 - a. Psalm 98:7-9
 - b. Isaiah 55:12-13
3. The Church’s deliverance came seven years earlier at the rapture.

“For we know that the whole creation groans and labors with birth pangs together until now.”

1. Verse 18 told us the suffering (groanings) now are not to be compared to the glory yet to be revealed.
2. Groanings look back to the fall of Adam when sin was conceived.

3. Travail looks forward to the second advent when deliverance comes, and the curse removed.
4. Nature was travailing at the time of the writing of Romans. It is more intense today (Matthew 24:4-8).
5. Every time we see sin and its affects around us it causes two things: *groanings* and *travail*.
6. We are angry at Satan, but we rejoice in hope for the day of deliverance.

“Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.”

1. Even believers suffer. The part of us which is tied in with nature – our bodies – still maintains the curse.
2. When nature groans, we groan also.
3. Trials come to the sinner and to those who have received Jesus as Savior.
 - a. Those who are born again are not exempt from trials.
 - b. In fact, they become more of a target than ever for Satan.
4. “Adoption” has three uses in the word:
 - a. Spirit adopted at birth.
 - b. Soul adopted at spiritual maturity.
 - c. Body adopted at the rapture.
5. Our bodies, which have the nature of the flesh, sin, have yet to be redeemed, or adopted. This occurs when we receive a resurrection body from sin and its ever-driving nature (2 Corinthians 4:7-9, 2 Corinthians 5:1-4, 2 Corinthians 4:14)

“For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees?”

1. Hope is always future. Hope of the return of Jesus (the rapture and the second coming) gives us comfort.
 - a. Jesus is coming soon to redeem our cursed bodies.
 - b. This cursed world will be redeemed when Jesus returns to set up his eternal kingdom.
 - c. On that day, the kingdoms of this world will become the kingdoms of our Lord and of His Christ, and He will reign forever and forever (Revelation 11:15).

2. Salvation is past, present, and future.
 - a. Our spirit has already been born again.
 - b. Our souls are being renewed day by day.
 - c. Our bodies are anticipating redemption in the future.
3. Romans 8:24 is teaching the same thing as Hebrews 11:1, “...*faith is the substance of things hoped for.*”
4. Faith and hope work together to obtain what cannot be seen. But once it arrives, it no longer needs to be seen by faith.
 - a. Paul is saying there is a salvation and deliverance attached to our hope.

“But if we hope for what we do not see, we eagerly wait for it with perseverance.”

Patience and hope are two cooperating powers which work with faith. We do not yet see the millennial reign of Jesus, nor our resurrection bodies. But we know by faith in God’s word it is coming. Hope is the picture, the target before us. Faith, working with patience will get us there.

Verses 26 and 27 Are the Final Groan

“Likewise, the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”

1. The Word helps us produce faith, hope, and patience.
2. This verse says now we have help from the Holy Spirit.
 - a. The infirmity the Holy Spirit helps us with is our ignorance of how to pray in very situation.
 - b. Verse 22, Paul said, “we know.” Verse 26, Paul said again, “we know.” In between, he said, “we know not.”
 - c. In certain situations of life, we know the scriptures which applies to the problem. In other situations, we have no idea how to pray.

The Holy Spirit is there to help us and give us wisdom. He does this during our groanings of despair, not knowing to articulate a prayer. He does this by giving us words which cannot be spoken in our natural tongue or language. This is a reference to the power of praying in the Holy Spirit – praying in tongues.

“For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this (body) we groan, earnestly

desiring to be clothed with our habitation which is from heaven, if indeed, having been clothed (resurrection body), we shall not be found naked. For we who are in this tent groan, being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by (eternal) life.” (2 Corinthians 5:1-4)

Groaning is mentioned here in the time of our trials. Not knowing how to put a prayer together. Our groanings are a looking forward to the time we will leave this cursed world and stand with god in heaven where everything will make sense. We will not only be redeemed in our spirit, but our bodies will be changed into a resurrection body of perfections.

“Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.”

1. The Holy Spirit knows the plan of God and the thinking of Jesus, can transfer that wisdom to our heart since He lives there.
2. This comes to our heart by praying in the Holy Spirit, in tongues.
3. Our sensitivity to the Holy Spirit increases as we pray in tongues.
4. We can hear the Spirit’s voice and leading, then pray in line with Gods’ will.

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

1. In this life, we are faced with the world’s system backed by Satan himself.
2. We will not escape them, but we do have victory in the midst of them.
3. We face the same trials the unbeliever faces because we are still in a physical body with the nature of the flesh.
4. God can take our attacks and turn them for our good if we will just trust Him and His word.

This verse does not say all things are good. Although, some things we face are good. Each day we have a certain amount of good and bad. But our daily lives are not determined by our circumstances. We must rely on the word of God in us.

Even though God does not send suffering, Satan and this fallen world do. Suffering helps us to understand where we stand in life. Suffering puts us under pressure and reveals what is in us.

God give us the weapons to handle the problems which are always superior to Satan’s temptations and traps. It is not the trials which strengthen us, but the faith we use in the trials which strengthen us. No matter the problems God has a way of escape planned and all things, good and bad.

All ingredients, good tasting or bad, will work together and the result is a blessing. Only the believer who knows and uses the word of God can make all of life work together for His good. These are the ones who love God and keep His commandments (John 14:15).

Romans 8:28 describes the believer who qualifies in two areas:

1. They are elect – the born again.
2. They love God and are mature.

“For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren.”

1. Foreknowledge is the foundation for predestination and election (1 Peter 1:2, *“elect according to His foreknowledge”*).
2. Predestination rests on the foundation of God’s omniscience, His foreknowledge.
 - a. We could say whom God knew ahead of time would receive Him.
 - b. He predesigned a plan for your life.
3. God’s predestination is only for believers, not unbelievers. It is not for those who will reject Him.
4. Predestination is not just to be born again. It is to be changed in the very image of Jesus Christ.
 - a. This means, God’s purpose for us, in life, is to grow up and be like Jesus in every area of our life. Disciples, not just converts, and eventually, have a resurrection body exactly like Jesus’.
 - b. Jesus became the firstborn in God’s family among many who would be born again later.
5. The firstborn of Israel had three rights in the family:
 - a. Rulership
 - b. Priesthood
 - c. Double portion
6. We all became *joint* (equal) heirs with Christ and share all these rights with Him.

“Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.”

1. Only believers are elected based on their choice to receive Jesus as their Savior.

2. Election, for believers, is God's choice based on their choice to receive eternal life (1 Peter 1:2).
3. Sinners are never elected to suffering hell and eventually the lake of fire.
 - a. This is their own choice. Not God's.
 - b. The lake of fire is the unbeliever's choice, based on their own desire to be righteous by their own works.

This verse is all positional trust. We are elected, predestined, justified, and glorified *spiritually*. Working them out in our daily life is temporal truth – discipleship, the renewing of the mind.

4. Glorification, along with the other blessings mentioned, is past tense.
 - a. Before the foundation of the world, God saw our choice for salvation and gave us, at that point, a plan for life. He made us part of the elect. Gave us a call, justified us, and glorified us.
 - b. At this point, most all of those are behind each one of us and we are living in them now.
5. Glorification, a resurrection body, is yet to come, but seen, by God, as already done.

If God already sees us in a resurrection body and we have not yet arrived there, then we must be going to make it through the trials we are now experiencing and the next ones until we are raptured out of this world. Heaven, eternity, and a resurrection body are assured and viewed as divinely accomplished.

Verses 31-39 are five rhetorical questions to the truths of chapter 8. If you have learned anything up until now, it should be easy to answer these questions.

“What then shall we say to these things? If God is for us, who can be against us?”

Questions 1: The sufferings of this life. They will be laid out in verses 35, 38, 39.

The problems and adversities of the Christian life come from Satan and the curse he brought into the earth. Plus, the world's system and our own flesh. What is the world, the flesh, or the devil next to God? Our problems, next to us, seem big. Our problems, next to God, are small like grasshoppers compared to giants.

“He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?”

Question 2: If the Father did the hardest thing He ever did when He gave us eternal life, why can't He provide for our problems in life which are far simpler? The important teaching of the

word of God is not the life of Jesus, but His death and resurrection. Through them we have eternal life and have it more abundantly. Salvation is free and so is everything for this life on earth. Now that we are joined to Him, grace still gives with no strings attached.

“Who shall bring a charge against God’s elect? It is God who justifies.”

Question 3: Who is our enemy? Who is the one who comes against us? It is Satan who condemns and brings charges against us in heaven (Zechariah 3:1, Revelation 12:10).

It is God who justified us and Jesus who defends us (1 John 2:1).

God is not our condemner, Satan is.

“Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.”

Question 4: Who backs opposition against us? Who is the one behind condemnation by people, believers, and unbelievers? Our true enemy is Satan. Our true deliverer is God.

This verse asks, who has the right to judge? To judge you must be in a position to do so. Judges sit in high places. Only one being has the highest seat and the right to spiritual judgement, God Himself. Jesus, Who sits beside Him, is our intercessor. He paid the price for that right through His death, burial, resurrection, ascension, and seating, at the right hand of God.

“Who shall separate us from the love of Christ? Shall tribulation (extreme pressure), or distress (anguish or worry), or persecution (pressure from people), or famine (lack of food), or nakedness (lack of clothing), or peril (life threatening situations), or sword (war)?”

Question 5: This question looks at salvation and daily deliverance from the Father’s eyes and His love for us. There is not one believer the Father does not love. Seven things are mentioned in this verse which are extreme to us but cannot separate us from God’s love. God’s love for us is bigger than anything we can imagine. We think we are forgotten in times we need deliverance in peril, for in famine, or clothing in times of nakedness. But God never forgets us.

God is asking us to think of His faithfulness and His word in every situation we face. The answer to our problems will be delivered to us in due time.

“As it is written (Psalm 44:22): “For Your sake we are killed (seen as dead) all day long; We are accounted (reckoned, thought, concluded) as sheep for the slaughter.”

1. We are in danger all day from unseen forces because we are believers and have His life and nature. We are always enemies to Satan.
2. We are not sheep for the slaughter, but accounted, viewed, or seen, as sheep to be slain and eaten.

3. This is seen from the viewpoint of the world (Satan). He looks at us as prey, easily taken, and naïve.
4. When our defense is the word, we are protected from him.
5. Our protection is the love and power of the Chief Shepherd.

“Yet (adversely, but no) in all these things we are more than (super) conquerors through Him who loved us.”

Jesus Christ is our personal strength through the Holy Spirit and the Word of God. We are greater than Satan, demons, unbelievers, carnal believers, or the problems of life through Him who loves us.

Verses 38-39 teaches ten things that cannot separate us from God’s love through our relationship with Jesus Christ.

“For I am persuaded (have utmost confidence), that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,”

The first seven attacks are from Satan and will not succeed.

1. Physical death – In fact, death puts us immediately into His presence (2 Corinthians 5:8).
2. This life on earth – It has nothing which separate us from God’s love. No person, sin, experience, or place is more powerful than the love of Jesus Christ to keep us.
3. No elect or fallen angel, including Satan himself.
4. No principalities or other demons of any rank.
5. The powers that exist – human governments or rulers.
6. This present age we live in – the Church Age has nothing we need to fear. Each day is a time of faith and joy as we anticipate God’s plan of success for this life and eternity. If we go by way of the rapture or physical death, we are winners in time and eternity.
7. Things to come after death – There is no power to remove God’s love from our life. The Judgment Seat of Christ, Second Advent, destruction of earth, and the final judgment of sinners, fallen angels, demons, religion, and Satan himself, will all take place without removing us from the love of Jesus Christ and our predetermined eternity with Him.

“nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”

The final three are things in creation we might fear which cannot separate us from God’s plan for each one of us.

8. Height – The highest mountain or tallest building should bring no fear to us. Mountains, in nature or the structures of man are no match for the love of our Savior.

9. The Lowest Depths on the earth or oceans.

10. Anything else – Perhaps unmentioned or forgotten, in creation, visible or invisible, made by God, Satan, or man will ever be able to separate us from the love of God which in Christ Jesus our Protector and Lord.