1) **The Gospel's declaration** (Romans 7:1-2)

In Christ Jesus believers are fully saved from sin's penalty and experience the Spirit's power.

i) Even though Paul's inner self and his flesh battled with each other, he affirms that in Christ Jesus believers are saved from the penalty of sin.

[I'] [1] Therefore [Romans 7:25b, 24-25a], there is now no condemnation [κατάκριμα] for those [in Christ Jesus], [TR MSS has a later addition]

ii) Being saved from the penalty of sin results in the Spirit freeing us from the power of sin and death.

[G*] [2] ~~because~~[for the law [νόμος] of the Spirit [πνεῦμα] of life [ζωή] [in Christ Jesus] ~~has set you free~~/freed you [AAI, ἐλευθερόω]

[from the law [νόμος] of 1.) sin [ἁμαρτία]

2.) [S] and death [θάνατος]].

2) **The Gospel's demonstration** (Romans 7:3-4)

Christ Jesus's work for us results in the Spirit's work in us.

i) God saves us from the penalty of sin through Christ Jesus, who, as both God and man, died in our place.

[G] [3] For what the law [νόμος] could not do [since it was weakened [IAI]] [by the flesh [σάρξ]], God did.

[M] He condemned [AAI, κατακρίνω] sin [ἁμαρτία] [in the flesh [σάρξ]] by sending [AAP] his own Son

1.) [in the likeness of sinful flesh [σαρκὸς ἁμαρτίας]] [He is divine. Galatians 4:4; Philippians 2:4-7; Colossians 1:19; Colossians 2:9]

2.) [S] [and] [as a sin *offering* [ἁμαρτία]] [He is human, substitutionary atonement],

ii) The reason why God saved us from the power of sin is so we can fulfil the law by the power of His Spirit.

[Ed] [4] in order that the law's [νόμος] requirement ~~would~~/might be fulfilled [APS] [in us] [APS]

who ~~do not walk~~/are not walking [PAP, περιπατέω]

[-] [according to the flesh [σάρξ]]

[+] but [according to the Spirit [πνεῦμα]].

* Statement followed by the argument or reason on which it stands; supporting proposition follows the supported proposition.

Sermon preparation worksheet

Passage: Romans 8:1-4

1. How has the author organised this passage? *a) An outline, b) Tools, c) The emphasis.*

a) 1) In Christ Jesus believers are fully saved from sin's penalty to experience the Spirit's power (Romans 8:1-2).

i) Even though Paul's inner self and his flesh battled with each other, he affirms that in Christ Jesus believers are saved from the penalty of sin.

ii) Being saved from the penalty of sin results in the Spirit freeing us from the power of sin and death.

2) Christ Jesus's work for us results in the Spirit's work in us (Romans 8:3-4).

i) God saves us from the penalty of sin through Christ Jesus, who, as both God and man, died in our place.

ii) The reason why God saved us from the power of sin is so we can fulfil the law by the power of His Spirit.

b) I identified discourse and used syntax analysis (paying attention to verbs, conjunctions, and prepositions). Flow of ideas (Paul declares there is now no condemnation for believers, and then he describes what that declaration looks like). Repetitions (condemnation, the law, the Spirit, sin, the flesh). Keywords (life, freed, death, weakened, sending, Son, fulfilled, walking). Contrasts (the law/the Spirit, the flesh/the Spirit). Key verses (Romans 8:1, there is now no condemnation for those in Christ Jesus).

c) In Christ, believers are declared innocent of sin's penalty (justification) and indwelt by the Spirit living free of sin's power (sanctification).

2. How does the context inform the meaning of this passage? *a) Literary, b) Historical, c) Cultural, d) Biblical.*

a) 1) In Romans 7:22-25, Paul wrote of his inner conflict and despair because of remaining sin. His cry of who would save him, was answered by the Person of Christ Jesus. In Romans 8:1, Paul makes the declaration, there is now no condemnation for those in Christ Jesus, the penalty for sin has been completely, and finally paid.

2) In Romans 8:1-4, Paul writes of empowerment by the Spirit as a result of being saved. In Romans 8:5-11, Paul describes walking in the Spirit.

b) The church in Rome was comprised of Jewish and Gentile believers (Romans 1:7; Romans 1:13). Jewish believers may have struggled with guilt because they had been unable to keep the law (legalism). Gentile believers may have struggled with guilt because they had lived in open rebellion to the law (licentiousness). In Romans 8:1, Paul makes the declaration that there is now no condemnation for them. And he goes on in Romans 8:2, to explain the freedom that they have in the Spirit (liberty).

c) 1) In Romans 8:1, the word condemnation" (κατάκριμα) echoes the Old Testament curses for law-breaking (Deuteronomy 27-28).

2) In Romans 8:3, the phrase sin *offering* (ἁμαρτία) echos the Old Testament Levitical sacrifices (Leviticus 4).

d) There are no direct citations of the Old Testament in Romans 8:1-4.

3. What is the main point the author is arguing to *his audience?*

God declares believers righteous in Christ and empowers them by the Spirit to live holy lives.

4. How does this passage connect to the gospel of Jesus Christ?

The death of Christ as a substitute for sinners is explicit stated in Romans 8:3, He condemned sin in the flesh by sending his own Son in the likeness of sinful flesh as a sin offering. Christ pays the penalty of sin on our behalf. Being declared righteous is grounded in the death of Jesus. By His resurrection He gives life, empowering believers to fight sin by His Spirit. Our sanctification flows from His death and resurrection. This links well to 2 Corinthians 5:21, He made the one who did not know sin to be sin for us, so that in him we might become the righteousness of God.

5. What is the main point you will argue to *your audience*?

In Christ our condemnation is lifted, and we are transformed by the empowerment of the Spirit.

6. What applications will you make? *a) To believers, b) To unbelievers.*

a) There is now no condemnation for you in Christ Jesus, so live in freedom by walking in the Spirit's power, not your own strength.

b) The wrath of God remains on you still, you must turn to Christ Jesus for the forgiveness of your sin and receive new life and His Spirit in Him.

7. What is your sermon title and your preaching outline? *a) Sermon outline, b) Sermon title.*

b) Move from condemnation to transformation

a) 1) The Gospel's declaration (Romans 7:1-2)

2) The Gospel's demonstration (Romans 7:3-4)

Pray

Read

22 For in my inner self I delight in God's law, 23 but
I see a different law in the parts of my body,
waging war against the law of my mind and taking
me prisoner to the law of sin in the parts of my
body. 24 What a wretched man I am! Who will
rescue me from this body of death? 25 Thanks be to
God through Jesus Christ our Lord! So then, with
my mind I myself am serving the law of God, but
with my flesh, the law of sin.

1 Therefore, there is now no condemnation in
Christ Jesus, 2 for the law of the Spirit of life in
Christ Jesus freed you from the law of sin and
death. 3 For what the law could not do since it was
weakened by the flesh, God did. He condemned
sin in the flesh by sending his own Son in the
likeness of sinful flesh and as a sin *offering*, 4 in
order that the law's requirement might be fulfilled
in us who are not walking according to the flesh
but according to the Spirit.

Introduction

- How much guilt are you carrying? How many 'if onlys' keep you up at night? That voice that whispers, "You're condemned"—what would it take to silence it forever? Here's the scandalous truth: In Christ, that voice is a liar. The gavel has fallen. The verdict is in. No condemnation. Not now. Not ever.
- But God doesn't stop there. The same power that declared you righteous now lives in you—not just to pardon you, but to transform you. The Spirit who raised Christ from the dead is at work in you today. This is the gospel: Your chains are broken, and your heart is being remade. Let's dive in.

Argument

- In Christ our condemnation is lifted, and we are transformed by the empowerment of the Spirit.

Arrangement

Move from condemnation to transformation

1. The Gospel's declaration (Romans 7:1-2)
2. The Gospel's demonstration (Romans 7:3-4)

1) **The Gospel's declaration** (Romans 7:1-2)

[1] Therefore, there is now no condemnation in Christ Jesus,

i) Even though Paul's inner self and his flesh battled with each other, he affirms that in Christ Jesus believers are saved from the penalty of sin.

- Who will rescue me from this body of death? That's how Romans 7 ends. There was a war waging in Paul's inner self. Paul's mind, delighting in God's law, battled against Paul's sin, remaining in Paul's body. And it drove Paul nuts.
- What a wretched man I am! Who will rescue me from this body of death? Paul cried out in desperation. His soul worn out by war. A man gasping for grace. Paul doesn't pretend his battle with sin is behind him. Paul feels his sin. Fights his sin. Mourns his sin. But Paul lifts his eyes to heaven, and joy floods in.
- Thanks be to God through Jesus Christ our Lord! Not a whisper. A shout. *Jesus!*
- And on the heels of Paul's cry comes this thunderclap of gospel truth. Therefore, there is now no condemnation in Christ Jesus. The Judge has spoken. His gavel has fallen. *Not guilty* stamped on your soul. *Righteous* is your new identity. *In Christ* marks your eternal standing.
- Now, your struggle with sin will continue. Your fight against your flesh will persist. But the divine verdict over your life will never change. That verdict is unshakable. That verdict is eternal. Your failures won't nullify it. Because your victories didn't earn it. And Christ's finished work secured it.
- No condemnation means the chains of guilt are broken. No condemnation means the prison doors of condemnation stand open. No condemnation means the accuser's charges are dismissed. No condemnation means you stand clean through Christ's blood. No condemnation means you stand free by the Spirit's power. No condemnation means you stand secure in the Father's everlasting love.
- How much of your guilt remains? How much wrath is left for you to bear? How much separation still exists between you and God? None. Not a trace. Not a shadow. Not a whisper. Why? Because you are in Christ Jesus. United to Him. Covered by Him. Hidden in Him.
- Do you feel the pull of sin in your body? Paul did. Do you groan with frustration at your failure? Paul did. Do you sometimes despair that you'll ever change? Paul did. But over all that sorrow and struggle, this banner flies high: No condemnation in Christ. You are justified. You are declared righteous. Your are Acquitted forever. The Father no longer sees your sin. He sees His Son.
- So, what will you say to this? What voice will you believe? Your sin which says, *Guilty.* Satan who says, *Condemned.* Your flesh which says, *Failure.* Or Jesus who says, *Mine!* Heaven has the last word over you.

[2] for the law of the Spirit of life in Christ Jesus freed you from the law of sin and death.

ii) Being saved from the penalty of sin results in the Spirit freeing us from the power of sin and death.

- No condemnation. Those words change everything. When God declares you righteous in Christ, He doesn't just wipe your slate clean. He unleashes His Spirit in you. The verdict comes first: Not guilty. Then the power follows.
- Note this, the Spirit doesn't free you so you can be declared righteous. The Spirit frees you because you have been declared righteous. The order matters. Grace precedes power. The verdict fuels the victory. Why? Because the courtroom comes before the battlefield. The gavel falls—justified! And then the Helper comes—sanctified!
- So who is this Spirit who now works in you? He is God Himself. The third Person of the Trinity, equal with the Father and Son. Not a force. A Person. He knows. He loves. He acts. He hovered over creation. He breathed out Scripture. He raised Jesus from the dead. He gifted His Church. And now? He lives in you.
- What does He do? He takes the declaration of your freedom and makes it a reality in your daily fight against sin. The law condemned. The Spirit empowers. The flesh failed. The Spirit conquers. The wages of sin was death. The gift of the Spirit is life.
- The battle still rages on. Inside of you. So the Spirit goes to work—not to earn your standing but to express it. Not to make you free but to prove you are free. The courtroom settled your fate. The battlefield proves it. What God has declared, God the Holy Spirit delivers.
- So why do we still struggle? Because sanctification is war. But it's war waged from victory, not for victory. The decisive battle was won at the cross. Now the Spirit applies that triumph—inch by inch, day by day—until every stronghold in your heart and flesh fall.
- So, breathe deep. The air of freedom is yours. That verdict was final. The Spirit is present. And where He is, there is liberty—not someday, now. Not partially, completely. Not because you've earned it, Christ did.

Summation

- In Christ Jesus believers are fully saved from sin's penalty to experience the Spirit's power.

Transition

- This glorious declaration of no condemnation is not the end. From the courtroom of justification, we now step onto the battlefield of sanctification. Where Christ's victory becomes our daily reality by the Spirit's power.

2) **The Gospel's demonstration** (Romans 7:3-4)

[3] For what the law could not do since it was weakened by the flesh, God did. He condemned sin in the flesh by sending his own Son in the likeness of sinful flesh and as a sin *offering*,

i) God saves us from the penalty of sin through Christ Jesus, who, as both God and man, died in our place.

- The law demanded perfection. We offered failure. The law required righteousness. We produced rebellion. The law was holy. In our flesh we sabotaged it. Like a surgeon's scalpel in shaky hands, the law could diagnose sin but not remove it. Our flesh—that broken, sin-twisted nature—left us powerless. No amount of striving can close the gap.
- So what did God do? He did what we couldn't. Not with a better law. Not with a softer standard. But with a Substitute. God didn't sweep sin under the rug. He condemned sin. Not by crushing us, but by crushing His Son in our place.
- God sent His Son. Think of the weight in those words. His own Son. Not a messenger. Not an angel. Not a created being. God the Son—eternal, divine, holy—entered our broken world. The Word became flesh and dwelt among us. Not in the form of flesh, as a disguise, but in the likeness of sinful flesh. Fully God. And fully man. Yet without sin.
- Why? Because the penalty had to be paid. And only man could pay the penalty. But only God could bear the penalty.
- So Christ came. The fullness of God dwelling in human form. The Creator stepped into His creation. The Judge become the condemned. Jesus took our place. The one who did not know sin [became] sin for us. Not a sinner. Not a sinner's accomplice. But a sin offering. The fulfilment of every bloody sacrifice, the final Lamb of God, who takes away the sin of the world!
- What does that mean? The law said, *The wages of sin is death*, Christ said, *I will pay it all.* The cup of wrath was offered, Christ drank the last dregs. Our flesh failed, His flesh prevailed. God saved us from Himself. And God saved us by Himself. The Father's wrath was real. The Son's sacrifice was enough.
- This is your salvation. Not your effort. Not your merit. But Christ's finished work. The penalty is paid. The wrath is satisfied. The condemnation is lifted. Why? Because God acted—and He acted in Christ.

[4] in order that the law's requirement might be fulfilled in us who are not walking according to the flesh but according to the Spirit.

ii) The reason why God saved us from the power of sin is so we can fulfil the law by the power of His Spirit.

- The law's requirement was always love. Love for God, with all your heart. Love for your neighbour, as yourself. From Moses to Jesus, the demand never changed. But here's the problem, Our flesh couldn't produce love. The law commanded love, but our sinful nature bred selfishness. The law demanded purity, but our hearts produced corruption. The law called for perfection, but we offered failure.
- So what did God do? He fulfilled what we couldn't. Not by lowering the standard. Not by abolishing the law. But by writing it on our hearts. That is the promise of the New Covenant. Not a new law. A new power.
- The law's requirement, love, is now fulfilled in us. Not by our striving. Not by our willpower. But by the Spirit's indwelling. What the law could never achieve through commands, God accomplishes through Christ. What man in the flesh was powerless to do, the Spirit now does in us.
- And so we walk. Not in the old way of flesh, driven religion. Not in the cycle of try, fail, condemn. But in the new way of the Spirit. Step by step. Day by day. This is the Christian life, a journey of faith, fuelled by grace.
- What does it look like to walk according to the Spirit? It looks like love, when hatred seems easier. Joy, when circumstances scream despair. Peace, when chaos threatens. Patience, when frustration mounts. Kindness, when the world is cruel. Goodness, when temptation whispers. Faithfulness, when compromise beckons. Gentleness, when force feels justified. Self-control, when desires rage.
- Not moralism. Miracle. The same Spirit who raised Christ from the dead now produces resurrection life in you. The same power that conquered sin at Calvary now wars against sin in your heart. Not so you can earn God's favour. But because you already have it.
- Why? Because the gospel isn't just about forgiveness. It's about transformation. God didn't save you just to pardon your past. He saved you to empower your future. He didn't just justify you, He sanctifies you. Not by your strength. But by His Spirit.

Summation

- Christ Jesus's work for us results in the Holy Spirit's work in us.

Transition

- No condemnation. And the Spirit of God in you. How then should you live?

How does this passage connect to the gospel?

- Hear the heart of the gospel: God did what you could never do. The law demanded your perfection. You offered failure. Justice required condemnation. you deserved wrath. But God, in His mercy, sent His own Son. Not as a distant observer, but as your Substitute. Christ became what you are, sinful flesh, so you could become what He is, righteous. He drank the cup of wrath for you. He bore the condemnation you earned. This is the scandal of grace: the Judge became the condemned, so the guilty could go free. As Christ died and rose, so you die to sin and live by the Spirit.

Believers, how ought you to live?

- So what now? If you're in Christ, the verdict is in. No condemnation now I dread; Jesus, and all in Him, is mine! The prison door is open. The chains are broken. Walk free. Not in your strength. Not by your willpower. But by His power. The same Spirit who raised Christ from the dead lives in you. Think about that. The power that conquered sin, death, and hell is at work in you right now.
- Walking in the Spirit looks like this: When anger flares, you pause and let Him pour out patience. When lust whispers, you turn and let Him fill you with purity. When despair looms, you stand and let Him flood you with joy. This isn't moral grit, it's miracle. The fruit isn't yours to manufacture, it's His to manifest. Your job isn't to try harder, it's to trust deeper.
- And when you fail? Remember: The verdict doesn't change. Your standing doesn't shift. The Spirit doesn't abandon you, He lifts you. So get up. Breathe deep. The air of freedom is yours. Now walk.

Unbelievers, how ought you to respond?

- But what if you're still outside Christ? Hear this: The wrath of God is not a metaphor. This is no empty threat. This is real. Condemnation is levelled against you. Your sin isn't a minor slip. Your sin is rebellion against the King. Your guilt isn't a feeling. Your guilt is a legal reality. You stand condemned.
- But for the scandal: God offers you pardon. Not because He overlooks your sin. But because He crushed His Son for your sin. Jesus took your place. Jesus bore your curse. Jesus endured your hell. And now Jesus stands before you, arms open, saying, Come.
- What will you do? You can't moralise your way out of this. You can't reform your way into favour. You must receive. Admit your guilt. Turn from your sin. Trust in Jesus alone. The Judge declares you righteous. The Spirit makes you new. The prison door swings wide.
- Why wait? Why gamble with your soul? Today, the gospel calls. Tomorrow is not promised. Jesus is ready to receive you. Are you ready to come?

Conclusion

- That voice that whispered, “Condemned”? Silenced. The guilt that weighed you down? Lifted. The verdict is still in: “No condemnation”—not because of your effort, but because of Christ’s finished work. And the Spirit who declared you righteous is the same Spirit now remaking you from the inside out.
- So walk in this freedom. When sin whispers, “Guilty,” preach the gospel to yourself: “The Judge has spoken.” When the battle feels endless, remember: The war is already won. For those in Christ, every chain is broken, every debt is paid, and every day is a step closer to glory. This is the gospel—not just pardon, but power. Not just a clean slate, but a new life.
- Believer, live like the free man or woman you are. Unbeliever, today Christ stands ready to say, “Not guilty” over your soul. Why wait? The gavel has fallen. The prison door is open. Walk out.

Argument

- In Christ our condemnation is lifted, and we are transformed by the empowerment of the Spirit.

Arrangement

Move from condemnation to transformation

1. The Gospel’s declaration (Romans 7:1-2)
2. The Gospel's demonstration (Romans 7:3-4)

Benediction

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