SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

Romans

Chapter 8

No Condemnation, No Separation

MEMORY VERSE · ROMANS 8:1

"Therefore there is now no condemnation for those who are in Christ Jesus."

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in Romans 8

Romans 8 opens in a courtroom where the Judge has already spoken and closes with a love that will not let go. This week, let the verdict of verse 1 answer every voice that tries to sentence you again. The Spirit who lives in you will lead you, call God your Father with you, and pray for you when you have no words.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study, the slides and the film for this chapter are on the Romans study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

No Condemnation

READ · ROMANS 8:1–8

OBSERVE — WHAT DOES IT SAY?

According to verses 2–3, what could the Law not do, and what did God do instead? Where did the condemnation fall (v. 3)?

REFLECT

“there is now no condemnation for those who are in Christ Jesus” (v. 1). Whose voice still tries to read you a sentence — a judge, a father, an ex, your own voice at 3 a.m. — and how does verse 3 answer it?

REFLECT

Verses 5–6 say the mind set on the flesh is death but the mind set on the Spirit is “life and peace.” What has your mind been set on most this week, and what has that been producing in you?

RESPOND — TODAY

When an old accusation comes today, answer it out loud with verse 1. Then trade one block of time you usually give to the flesh for time in the Word or prayer.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 8:1)

DAY 2 OF 5

Sons, Not Slaves

READ · ROMANS 8:9–17

OBSERVE — WHAT DOES IT SAY?

Count how many times the Spirit is mentioned in verses 9–17. What does the Spirit do for us in verses 11, 13, 14, 15 and 16?

REFLECT

Verse 13 says "by the Spirit you are putting to death the deeds of the body." What is one deed of the body you need to put to death — and where have you been trying to do it in your own strength?

REFLECT

We have received "a spirit of adoption as sons by which we cry out, 'Abba! Father!'" (v. 15). If your earthly father was absent or harsh, what changes when you can come to God as a son and not a slave on probation?

RESPOND — TODAY

Name one deed of the body to put to death this week and tell one brother so he can stand with you. Begin your prayers today with the words "Abba, Father."

❐ READ IT ❐ PRAYED IT ❐ SAID THE MEMORY VERSE (ROMANS 8:1)

DAY 3 OF 5

Groaning Toward Glory

READ · ROMANS 8:18–25

OBSERVE — WHAT DOES IT SAY?

What does Paul compare in verse 18? List who or what is groaning in verses 22–23, and what each one is waiting for.

REFLECT

Paul says "the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us" (v. 18). What suffering are you carrying that you have never set on the scale next to that glory?

REFLECT

Verse 22 calls creation's groaning "the pains of childbirth" — pain that leads somewhere. How might God be using the pain in your life as labor and not as a dead end?

RESPOND — TODAY

Write down the heaviest thing you are carrying. Under it, write verse 18. Pray over it with perseverance, as verse 25 says — waiting eagerly for what you cannot yet see.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (ROMANS 8:1)

DAY 4 OF 5

The Spirit Prays and God Finishes

READ · ROMANS 8:26–30

OBSERVE — WHAT DOES IT SAY?

What does the Spirit do for us when "we do not know how to pray as we should" (v. 26)? Write out the five links of the chain in verses 29–30.

REFLECT

Who is someone you do not know how to pray for right now — a man who relapsed, a marriage, a child, a diagnosis? How does it help to know the Spirit "intercedes for us with groanings too deep for words" (v. 26)?

REFLECT

Verse 28 does not say all things are good; it says God causes all things to work together for good — and verse 29 says the goal is to make us like His Son. Where can you see God using something hard to shape you into the image of Christ?

RESPOND — TODAY

Sit quietly for five minutes with that person or situation on your heart and simply groan it to God. Trust the Spirit to carry the words you do not have.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 8:1)

DAY 5 OF 5

More Than Conquerors

READ · ROMANS 8:31–39

OBSERVE — WHAT DOES IT SAY?

Write down every question Paul asks in verses 31–35. Next to each one, write the answer the text gives.

REFLECT

"He who did not spare His own Son … how will He not also with Him freely give us all things?" (v. 32). What are you afraid God will hold back from you, and how does the cross answer that fear?

REFLECT

Look at the list in verses 35 and 38–39. Which of those things do you most fear could separate you from Christ, and what does Paul say about it?

RESPOND — TODAY

Read verses 38–39 out loud and add the name of your biggest fear to the list. Then thank God that nothing on that list — including yours — can separate you from His love in Christ Jesus our Lord.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 8:1)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Verse 1 says "no condemnation" and verse 39 says nothing can "separate us." Both rest on being "in Christ Jesus." How would your week look different if you lived inside both of those bookends?

FOR THE GROUP · 2

Verse 34 says Christ Jesus "intercedes for us" right now at the right hand of God. What do you think He is praying for you this week?

FOR THE GROUP · 3

Verse 37 says "in all these things we overwhelmingly conquer" — not by being spared them. Where have you seen a brother in this group conquer in the middle of a hard thing, and what did it teach you?

MY PRAYER

Abba, Father, thank You that there is no condemnation for me in Christ Jesus and nothing can separate me from Your love, so today I ask You…

CUT OUT · CARRY IT · ROMANS 8:1

"Therefore there is now no condemnation for those who are in Christ Jesus."