



Key Truth #1: I Can Live Guilt-Free

Signs I struggle with guilt and shame:

I feel distant from God	I feel like giving up
I am highly performance conscious	I have high anxiety levels
I am so tired	I don't deal with compliments or gifts well
I feel as if I don't belong	I'm afraid of being deserted
I use a lot of negative "self-talk"	I don't allow myself to make mistakes
I am over-responsible: It's all my fault	I can't have guilt-free fun

As a believer, I need to rest in this reality:

1. God forgives me _____

"Therefore, there is now..." Rom. 8:1a (See Hebrews 10:14)

2. God forgives me _____

"Therefore, there is now no..." v. 1b

3. God forgives me _____

"...condemnation..." v. 1c (See Romans 8:33)

- God does not _____ me when I fall
- God is not _____ me when I'm inconsistent
- God does not _____ me when I sin

What's the difference between punishment and discipline?
What's the difference between condemnation and conviction?

4. God forgives me _____

"...for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son..." v. 8:1-3

So... what do I as a Christian when I sin?

1. _____
2. _____
3. _____
4. _____

Daily Meditations

Here's a chance to "take it home": Spend a few minutes every day reading Scripture, praying, and answering thought provoking questions about this weekend's topic!

Monday

Read back over Romans 7:15-25. Remember, this is the state of mind Paul is addressing in Romans 8. Do you identify with what Paul is saying? What parts of this passage really rings a bell with you?

Look at the box at the top of page 1 of your message notes. Do you identify with any of these feelings? Which ones?

How does it impact you to know even Paul felt this way?

Why does Romans 8:1 provide such a sense of relief?

Read 2 Timothy 1:7. God wants you to have confidence, not timidity! Ask Him to help you focus on the confidence that comes from knowing that "there is therefore now NO condemnation for those who are in Christ Jesus"!

Thank God today that He forgives you completely! Ask Him for the strength to focus on His love instead of your mistakes and sins. Thank Him that He is changing you daily from the inside out. You are making progress-- by God's strength!

Tuesday

Read Romans 8:1-3. If God is holy, how can He not condemn sinners?

What is the basis for the pardon that God extends to those He loves?

How do you claim this pardon for yourself?

What are the limits of God's pardon? Are some sins greater than God's forgiveness?

In prayer today, thank God for His total forgiveness! Offer up to Him memories of past mistakes that may have been plaguing you. Realize you are forgiven, if you have received Jesus as your Lord and Savior! Rejoice in His love!

Wednesday

Today, read these verses related to the "no condemnation" concept: Ps. 103:9-12. Is it sometimes hard for you to live by grace and really believe you are forgiven? If so, why do you think this is?

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Look at the “condemnation vs. conviction” handout from last weekend. Do you agree with this? Do you experience primarily condemnation or conviction in your life?

What seems to be the key for you to stay “convicted” rather than “condemned”?

Take time today to thank God for all His wonderful acts of grace on your behalf, beginning with His forgiveness of sin. Revel in His forgiveness of you!

Thursday

If it's true that we are saved currently, completely, freely, and personally, and we cannot lose our salvation, then what motive is left for us to live a holy life?

Read Galatians 6:7-8; Psalm 51:12; John 15:4; Hebrews 12:9-11. What do these verses suggest about reasons not to choose to sin?

How have you seen consequences and discipline resulting from sin in your own life?

In your own words, how would you distinguish between natural consequences and God's loving discipline, which we still experience when we sin, and condemnation, from which we are free as Christians?

Bring to God specific sins you are struggling with now, and ask Him to help you remember there will be consequences! Ask God to empower you to resist.

Friday

Today, read ahead to next week's text: Romans 8:3-11. What impresses you most about these verses?

What does Paul mean when he talks of a “mind set” on the sinful nature's desires, and a “mind set” on things of the Spirit?

Is it easy or hard for you to have a spiritual “mind-set”?

Pray to God today, asking Him to help you have a mind set on things of the Spirit. See how changing your mind set increases your confidence!

Saturday

Finish up any devotions you may have missed this week, and memorize that verse on the top of the previous page!

Please pray for boldness and Spirit-led confidence for all those involved in the services this weekend! Pray that God would bring to church many who need to find forgiveness and a church family!

Condemnation or Conviction?

How can I tell if I am sensing the Holy Spirit's conviction or Satan's accusations? Bruce Narramore has some excellent observations, summarized below.

	Condemnation/ Punishment	Conviction/Discipline
Purpose	“Payback”; assign guilt	To correct and promote growth
Focus	Past	Future
Attitude	Anger	Love
Result	Fear, guilt, hostility, death	Security, growth
Source (for believer)	Satan	Holy Spirit

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.” 2Cor. 7:10

“And Joshua said, ‘Ah, Sovereign LORD... O Lord, what can I say, now that Israel has been routed by its enemies? ...The LORD said to Joshua, ‘Stand up! What are you doing down on your face? Israel has sinned; they have violated my covenant, which I commanded them to keep ...Tell them, Consecrate yourselves in preparation for tomorrow...’” Joshua 7:8-11

“In the same way, the Spirit helps us in our weakness...” Rom. 8:26

“Who is he that condemns? Christ Jesus... is at the right hand of God and is also interceding for us.” Rom. 8:33, 34

“My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense --Jesus Christ, the Righteous One.” 1 John 2:1

“Now have come the salvation and the power and the kingdom of our God, and the authority of his Christ. For the accuser of our brothers, who accuses them before our God day and night, has been hurled down.” Rev. 12:10

“Therefore, there is now no condemnation for those who are in Christ Jesus” Rom. 8:1

So why not sin? What happens when a Christian sins?

1. Conviction (John 16:8; Acts 2:37)
2. Hurts others and myself (Gal. 6:7-8)
3. My fruitfulness is limited (John 15:4)
4. Loving discipline from God (Heb. 12:9-11)