

ROMANS

*A Daily Devotional
Study Guide*



Day 1

Study: Romans 8:1-5

Reading: Romans 6:1-7, John 3:11-21

Memory: Matthew 5:17

When my children were pretty young, my wife and I would occasionally take our children on mini-vacations. We tried to do all types of different fun things with our children, but we found out that many times our children didn't always appreciate the fun things we had planned for them. Much of this was because they were tired and became a little cranky. Though at times Jennifer and I wanted to get upset at them, we knew that they were acting the way they were because they were tired from all of the activity.

Today, we are going to see how God knows that we act the way we do because we are sinners. We will see how God chooses to love us no matter how we act.

What Does the Bible Say?

There is a constant struggle inside every believer as the battle between the flesh and the spirit rages on in our lives. Though we have the power to have the victory, we must choose to yield to the Spirit throughout the day to obtain that victory. There is also no need to get discouraged when we sin. This is because there is "no condemnation to those who are in Christ Jesus." We don't have to feel that God is changing His opinion about us and that we need to do right in order to earn favor with Him again. Though there might be times where God sends chastisement to us to bring us back to Him, our standing as a sinner saved by grace always remains the same. We can rest assured that "He knows our frame; he remembers that we are dust." (Ps. 103:14) Keep in mind that this doesn't give us the license to sin (Rom. 6:1-6), but it does free us from destructive guilt over past and present mistakes (vs 1).

The blood of Jesus Christ has set us free from the condemnation that sin brings into our lives (vs 2). Those who try to keep the law or do good works will never reach the point where they will free themselves from condemnation. This is because the law has no power to save because it



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can't be kept perfectly. God fulfilled the requirement for perfection through the life and death of Jesus Christ. He did what we could never do. Those of us who have believed on Him now have the power to walk in the Spirit and gain the victory over the flesh (vs 3-4).

There is a great difference between those who are true believers and those who are still living in the flesh. True believers seek to live in the Spirit and do what pleases God, while those who live in the flesh live to fulfill the desires of the flesh (vs 5).

How Does this Apply to Me?

Are you a true believer? Does a desire to live for God mark your life, or do you do what is right because you feel you have to appease God? There are people in good, Gospel preaching churches who think they are saved because they cling to a prayer or an event in their life rather than to the One who saved them. Your life will give clear evidence of your salvation through your desire to follow God and do what is pleasing to Him. Though there may be times in your life where you give into the flesh, the overwhelming desire of your life will be to live in the Spirit.

Do you live in guilt over your sin? Do you feel unusable by God because you aren't perfect? If you do, read verse 1 again. You no longer face condemnation because of your sin. When God looks at you, He sees the blood of Christ and Christ's righteousness that has been placed on your account. God doesn't expect you to be perfect because He knows you will sin. At the same time, you shouldn't desire to sin because your love for Christ should motivate you to want to be sinless. When you live free from guilt and depression that is caused by the fact that you will never be good enough for God, you can experience the true joy and peace that God wants you to have.

Suggestions for Prayer

- * *Thank God for delivering you from the condemnation of sin.*
- * *Ask God to help you walk in the Spirit.*

Thought for the day

Day 2

Study: Romans 8:6-11

Reading: Colossians 3:1-25

Memory: Matthew 5:17

In the years that I coached soccer, I found that some of our players have their best games when their parents or friends weren't in attendance. One of the reasons for this was because parents and friends would often encourage the players to do things that they weren't coached to do. Though the player often knew what I wanted, it was hard for them not to listen to what their parents or friends were yelling from the sidelines. This distraction sometimes caused confusion and indecisiveness in the player.

Today, we are going to see how we should be controlled by the Spirit. We can't allow our lives to be controlled by what others want, but we need to be controlled by what God wants.

What Does the Bible Say?

Before we trusted in Christ, we were controlled by our flesh and we were destined to sin because we were sinful creatures. After we were saved, we were given the power to have victory over sin. This is not only significant when it comes to eternal destiny, but it is extremely important as we live our everyday lives. Our sin not only sends us to hell, but it also brings pain and misery into our lives. (Though sin is often pleasurable for a short time—Hebrews 11:25) On the other hand, living in the Spirit not only brings eternal life in heaven, but it also gives every believer a chance to experience continual joy and peace in their everyday lives (vs 6). This is true because the mind that is not focused on God rejects the principles He has given that allows us to experience great joy and peace. In fact, those who are unsaved can't experience this joy and peace even if they tried to on their own because they don't have the Spirit of God inside of them (vs 7). Those who have not been washed by the blood of Christ can do nothing to please or honor God. This means that no works we do apart from the power of the Spirit mean anything to God. Those who try to earn their way to heaven can't get there by themselves (vs 8).

The Holy Spirit sets the believer apart from the unbeliever. All who

believe have the Holy Spirit living inside of them. If God himself is inside of us, we have been delivered from sin and we shouldn't have a desire to follow after sin. The life of the believer should display the life of Christ through all they do (vs 9-10). Not only does the Spirit give us abundant life upon this earth, but He will also spare us from the wrath of God (v 11).

The teaching that Paul presented here directly contradicted the Jewish religion of the time. Their teaching focused on the outward and following rules and regulations. They thought doing those things were what made men right before God. Paul clearly spelled out how true believers are controlled by the Spirit and it is only by the Spirit that we can do anything acceptable and pleasing to God.

How Does this Apply to Me?

Do you sometimes feel that you aren't doing a good enough job for God? Do you feel guilty because you don't think you are doing enough for the cause of Christ? Though God does want you to work for Him and serve Him, He wants you to understand that He is the One who gives you the power and ability to do anything that is pleasing in His sight. Your job is to simply trust God and obey Him by yielding to the leading of the Holy Spirit who dwells inside of you. Many believers feel guilty and quit because they can't live up to the expectations others have placed on them. Others feel the same because of the expectations they place on themselves. I believe that many people are robbed of the joy and peace of God because they fail to realize how God wants them to live. What you need to remember is that the only one who matters is God. Take time each day to ask Him what He wants you to do. He has promised you in His Word that He will guide you and lead you if you look to Him.

Suggestions for Prayer

- * *Thank God for the joy and peace He has given you in your life.*
- * *Ask God to help you yield to His plan for your life.*

Thought for the day

Day 3

Study: Romans 8:12-17

Reading: Romans 8:18-31 (Read through it slowly)

Memory: Matthew 5:17

When I pastored in Wisconsin we started an Evangelism Explosion (EE) program in our church. Before the program, I found that it was easy for me to make excuses for not sharing the Gospel and much of it was because I didn't have the confidence in what to say. I remember asking God to give me the boldness to share the Gospel and that is when God allowed me to hear about the EE program. The program we used helped equip me and many in my church to be ready to share the Gospel when the opportunity arose.

Today, we are going to see how we as believers have no reason to fear because God gives us the boldness, confidence and knowledge that we need to take a stand for Him. We just have to ask.

What Does the Bible Say?

Through Christ, each believer has been made dead unto sin and alive unto Christ. This doesn't mean that we won't sin, but that we have power over sin. The wonderful transaction that Christ made when He purchased us from sin makes us debtors unto Him. We are no longer obligated to live in the flesh as we once were, because we have been delivered from the death that sin brings. Instead, we are to follow the Spirit of God with an attitude of thankfulness for the deliverance God has given us (vs 12-13). This attitude should motivate us to "put to death" the sin that wants to reign in our lives. We must choose to follow the leading of the Spirit. Believers are not to make decisions according to how they feel or what they desire to do, but they are to make their decisions according to the leading of the Holy Spirit. Those who have the victory over their sin have the assurance that they are the children of God because only the Spirit can give us victory (vs 14).

Knowing that we have the Holy Spirit living inside of us should help remove fear from our lives. We don't have to fear dying and we don't have to fear what might happen to us while we live. This is because the Holy

Spirit reveals to us that we are children of God. God is not a distant Father to us, but is a loving, caring Father who desires the best for His children. This is why we don't have to fear. The King of kings and the Lord of lords, the Creator of all the earth, loves and cares for His children. He knows all that His children go through and has the power to control all situations. He will give us all the power and strength we need which means that we really have nothing to fear (vs 15).

We can be assured of this as the Holy Spirit testifies to us that we are His children. This gives us the confidence to know that God is our Father and that we are His heirs. He wants to give us a wonderful inheritance of peace and joy in this life and the utter bliss of heaven in the life to come. This means that any suffering and sacrifices we make upon this earth will be well worth it when we reach eternity (vs 16-17).

How Does this Apply to Me?

Do you struggle with fear? Are you a nervous person who is afraid of what might happen to you or the ones that you love? Do you fail to tell others about Jesus Christ or take a stand as God wants you to because you are afraid? If you answered yes to any of these things, you can be confident that the Word of God tells you that these things don't have to be true of your life. The victory over fear comes as you yield yourself to the Holy Spirit and trust in God. You must understand that God is a loving Heavenly Father who cares deeply for you and is in control of everything that happens in this world and in your life. You have nothing to fear in life. To overcome this fear, begin asking God each day to give you the victory over it and ask Him to help you trust in Him. Determine what areas in your life cause the greatest fear and begin memorizing passages about God's specific promises to you in those areas. Let God remove your fear and replace it with trust.

Suggestions for Prayer

- * Thank God for being a loving heavenly Father.
- * Ask God to replace your fear with trust.

Thought for the day

Day 4

Study: Romans 8:1-8

Reading: Hebrews 6:1-12, I Samuel 21:1-9

Memory: Matthew 5:17

Romans 8:1-8

What does the word "therefore" in verse 1 indicate?

****Whenever you start a new chapter and there is some type of connection words, you have to remember that the thought that is being introduced is building on the thoughts that were introduced in the previous chapter.*

Sum up what the end of chapter 7 was describing?

What does it mean to be condemned (vs 1)?

What bold statement does Paul make in verse 1?

Why do you think that Paul uses the term "law" in verse 2?

What do you think verse 2 means?

How did God do what the law couldn't do (vs 3)?

How did Jesus fulfill the righteous requirement of the law (vs 4)?

What two types of people does Paul describe in verse 5?

What are the results of living in the flesh and living in the spirit (vs 6)?

If these are the results, why do you think it is easy for people to choose to live in the flesh, even after they are believers?

What can the mind that is focused on the flesh not do (vs 7)?

What does it mean to have a mind that is focused on the flesh (vs 7)?

****According to the context here in Romans, the flesh is not just the sinful acts of wickedness, but could also refer to trusting in the flesh. Many Jews placed a strong emphasis on pleasing God with their outward acts (their flesh), but instead of pleasing God, they did the opposite. This was because their focus was on self and not on God.*

Who can not please God (vs 8)?

Mark 2:23-28

What did Jesus do on the Sabbath day (vs 23)?

How did the Pharisees respond (vs 24)?

What example did Jesus use (vs 25-26)?

****When David first went on the run from Saul, he and his men were hungry and he asked the high priest Abiathar for the bread that had been taken from the table of shewbread in the tabernacle. This bread was to be for priests to eat and not for the common man.*

What point was Jesus attempting to make with this passage (vs 27)?

What did Jesus declare about Himself (vs 28)?

In practical terms, what do you think this means? What lesson was Jesus trying to teach? How does this correspond with the teaching that Paul was giving here in the book of Romans?

Personal Application

What can I learn about God from this passage?

How can I apply what I have learned to my everyday life?

Day 5

Study: Romans 8:9-11, I Corinthians 6:12-20

Reading: John 14:15-15:17

Memory: Matthew 5:17

Romans 8:9-11

What are we no longer controlled by (vs 9)?

Why do you think Paul says “if in fact” when describing the indwelling of the Holy Spirit (vs 9)?

****There have always been people who claim to be believers, but are not true believers. The ability to defeat sin through the power of the Holy Spirit is one of the greatest evidences given that the Holy Spirit truly is inside of you.*

If a person lives constantly defeated by sin, what is this most likely evidence of (vs 9)?

****Though this might be a difficult statement for some to swallow, the truth is here in the passage. A true believer will live a life that is victorious over sin. This does not mean that he will be perfect and will not lapse at times, but he will not be continually defeated by sin.*

What is the physical condition even though you are a believer (vs 10)?

What is your spiritual condition as a believer (vs 10)?

What did the Holy Spirit do for Jesus (vs 11)?

What can the Holy Spirit do for you (vs 11)?

I Corinthians 6:12-20

What quote does Paul start this passage with (vs 12)?

****There were people in Corinth who claimed to be believers who said*

they could live however they wanted to since they were no longer under the law.

Why did Paul say he wouldn't do certain things (vs 12)?

What do you think Paul meant in the first part of verse 13?

****It is not fully clear, but it appears that the statement was a proverb used by the people to say that they could eat whatever they wanted since both food and the body would be destroyed by God. Basically, they were non-spiritual so what was eaten didn't matter. This appears to be the same argument some used to commit sexual sins saying that it was just a physical matter and not a spiritual one.*

What does Paul say about our bodies (vs 14-15)?

What should we not do with our bodies (vs 15-16)?

What happens to the bodies of those who are believers (vs 17)?

In light of this, how should we view sexual immorality (vs 18)?

How are our bodies described (vs 19)?

How were the Jews supposed to treat their temple (vs 19)?

Why is your body no longer your own (vs 20)?

What should you seek to do with your body (vs 20)?

Personal Application

What can I learn about God from this passage?

How can I apply what I have learned to my everyday life?

Day 6

Study: Romans 8:12-17, II Timothy 2:10-17

Reading: Matthew 7:15-27, Revelation 2:12-17

Memory: Matthew 5:17

Romans 8:12-17

What are we because of our salvation (vs 12)?

What do you think this means?

What does it mean to live in the flesh (vs 12)?

****Following after the sinful desires of your flesh is living in the flesh. This involves the sins and wrong desires that your flesh desires. These are things that God doesn't want you to be involved in.*

What does Paul mean when he says you will die if you live in the flesh (vs 13)?

****Those who live constantly doing the works of the flesh are spiritually dead, even though they may claim to be believers. This doesn't mean that believers will not lapse at times, but is a reminder of the great harm of living in the flesh.*

What action does Paul tell us to take towards the flesh (vs 13)?

Who are the children of God (vs 14)?

What do you think it looks like to be led by the Spirit (vs 14)?

What did we not receive (vs 15)?

Why do you think some people have the idea that following the ways of God are like slavery?

****Some people think that if they follow God they are trapped because they*

can't do certain things, but that is a completely wrong view. A true follower of God is set free from sin and has more freedom to truly live than those who are trapped in their slavery to sin.

What have we received (vs 15)?

Why is verse 15 so significant?

****Though we are debtors to God and have been bought by Him, he does not treat us as servants, but as adopted children. The idea of calling God "Abba Father" would be similar to a child calling their father "Daddy."*

How does God give us confirmation that we are His children (vs 16)?

What benefits do you have as a child of God (vs 17)?

What is something that most believers will have to face (vs 17)?

II Timothy 3:10-17

What had Paul faced because of his faith (vs 10-11)?

What will be part of the lives of believers (vs 12)?

Why is this hard for many people to understand?

What will happen to the evil in this world (vs 13)?

What should believers continue to do (vs 14)?

What power does Scripture have (vs 15)?

Why is it so important to give yourself to the study and reading of the Word of God (vs 16-17)?

Personal Application

What can I learn about God from this passage?

How can I apply what I have learned to my everyday life?

Day 7

Reading: Romans 8:1-17

(Take time to read this passage again, letting the truths you have studied this week sink into your mind. You are encouraged to go online and read it through a few times in different versions.)

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Bible Memory

Matthew 5:1 Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him. 2 And he opened his mouth and taught them, saying: 3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven. 4 "Blessed are those who mourn, for they shall be comforted. 5 "Blessed are the meek, for they shall inherit the earth. 6 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. 7 "Blessed are the merciful, for they shall receive mercy. 8 "Blessed are the pure in heart, for they shall see God. 9 "Blessed are the peacemakers, for they shall be called sons of God. 10 "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. 11 "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you. 13 "You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. 14 "You are the light of the world. A city set on a hill cannot be hidden. 15 Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. 16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. 17 "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.

