

# Small Group Discussion Guide

## Romans 8: The Summit

**Main Passage:** Romans 8:1–4

**Theme:** Life at the Summit — Freedom from Condemnation, Life in the Spirit



### WARM UP

1. When have you ever climbed to the top of something difficult — a hill, a challenge, a hard season — and felt like you finally reached the “summit”?
2. What are some things in life that make people feel condemned or “not enough”?
3. When you think of the phrase “*Victory in Jesus*”, what comes to mind?



### KNOW IT

(Dig into the text to understand what Paul is teaching.)

**Read Romans 8:1–4 together.**

1. According to verse 1, what is *no longer true* for those who are in Christ Jesus?
2. What does Paul mean when he says, “*the law of the Spirit of life has set you free*” (v. 2)?
3. How does the “law of sin and death” differ from the “law of the Spirit of life”?
4. What did God do that the law could not do (v. 3)? Why was that necessary?
5. Verse 4 says that “the righteous requirement of the law” is fulfilled in us. How is that possible?
6. How would you describe the difference between *living by the flesh* and *living by the Spirit*?



### SHARE IT

1. How does it change your outlook knowing that there is *no condemnation* for those in Christ?
2. Have you ever struggled to believe that truth — that God doesn’t condemn you anymore? What helped you finally embrace it?
3. What does “life in the Spirit” look like for you right now?

4. In what areas of life do you sense the Spirit calling you to walk in greater freedom or obedience?



### **LIVE IT**

1. What's one way you can live this week with more confidence in Christ's victory — rather than guilt or self-condemnation?
2. What spiritual habit could help you stay more aware of the Spirit's presence daily? (e.g., prayer pauses, Scripture meditation, journaling)



### **PRAYER FOCUS**

1. Thank God for freedom in Christ.
2. Ask the Holy Spirit to help each person walk in life, not condemnation.
3. Pray for sensitivity to the Spirit's leading in everyday decisions.