

Friends Bible Study  
**Meditation Questions**  
Romans 8:1-39

Romans 8:1

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

Why is there now no condemnation for those who are in Christ Jesus?

What does it mean to be "in Christ Jesus?"

Romans 8:2

For in Christ Jesus the law of the Spirit of life set you free from the law of sin and death.

What is the law of sin and death? What is the law of the Spirit of life?

How does the law of the Spirit of life set us free from the law of sin and death?

Romans 8:3

For what the law was powerless to do in that it was weakened by the flesh, God did by sending His own Son in the likeness of sinful man, as an offering for sin.

The first meditation question is, Why is the law powerless?

What did God do by sending His own Son in the likeness of sinful man, as a sin offering?

Romans 8:3b-4

He thus condemned sin in the flesh, <sup>4</sup> so that the righteous standard of the law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.

How did God "condemn sin in sinful man?" What was His purpose?

What does it mean to live "according to the flesh?" What does it mean to live according to the Spirit?

Romans 8:5

Those who live according to the flesh set their minds on the things of the flesh; but those who live according to the Spirit set their minds on the things of the Spirit.

The first meditation question is, What does it mean to set your mind on what the sinful nature desires?

What does it mean to set your mind on what the Spirit desires? Give examples.