



Synergy Study 2025 / #4

Romans 6-8, Life in The Spirit

Do the study on the next two pages: When completed come back here and write some takeaways.

- What did you hear God saying to you?
- What particular part of the passage spoke loudest to you?
- What part made you feel uncomfortable?
- What part did you not understand?
- What will you consider changing about your attitude or your lifestyle?
- What could you encourage someone else with from this passage?



*There is therefore now
no condemnation for
those who are in
Christ Jesus.*

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

The Flow of Romans 6-8 (Super Summary Form)

We shouldn't just keep on sinning because God saved us by grace. Rom 6:1-19

In Christ **we can be free** to serve God. Rom 6:20-23

But it doesn't feel like it, **we struggle because of sin** still (new way hinted at). Rom 7:1-25

But, there's a **New Way of life**, Life in the Spirit (as opposed to life in the flesh). Rom 8:1-17

But, why do we suffer and struggle? Are we losing? Rom 8:18-25

God is here in our weak state too. Rom 8:26-30

We are not losers, but conquerors. Rom 8:31-39

The Book of Romans

A Logical Flow

*Here is a little tool put together to help us see the flow of these three chapters of Romans. I made this by trying to determine the **subject** and **compliment** for each paragraph of these chapters, then after comparing them look for the flow of the passage in general. This is fun to do and so helpful. This is a good exercise to help understand the context of a passage.*

Chapter 6

Romans 6:1-4

S: Are we to continue in **sin** that grace may abound?

C: We were not saved to **sin**, but to a **new life**.

Romans 6:5-11

S: Connection to **sin**

C: We should consider ourselves dead to **sin**, and alive to God, because of Christ's work.

Romans 6:12-14

Sin Shouldn't Continue?

S: **Sin's** Influence

C: Don't let **sin** reign in your body and obey **sin's** passions / you are under grace not law.

Romans 6:15-19

S: Should we keep **sinning** because we are under grace?

C: We are free of **sin** and have become slaves of righteousness, leading to sanctification.

Romans 6:20-23

S: Freedom / We are now set **free**, free to serve God

C: This leads to > being slaves of God > sanctification > eternal life

CC: wages of sin = death / the **free** gift of God is eternal life

Freedom Is Real!

Chapter 7

Romans 7:1-3

Subject: The **Law**

Compliment: Is binding on a person only when he is alive.

The Law Can't Help

Romans 7:4-6

S: We are dead to the **law**

C: therefore we are free to belong to another; the new way of the **Spirit**

Romans 7:7-12

S: Is the **law** sinful?

C: The law made sin known, and caused sin to awaken, and brought death.

Romans 7:13-20

S: Did the good thing "**the Law**" bring death in me?

C: Sin in us produced death, sin dwells within and causes our "problems;" the Law did not do this.

Romans 7:21-25

S: Solving the problem of the dichotomy of desire to do what is right and the inability to do it.

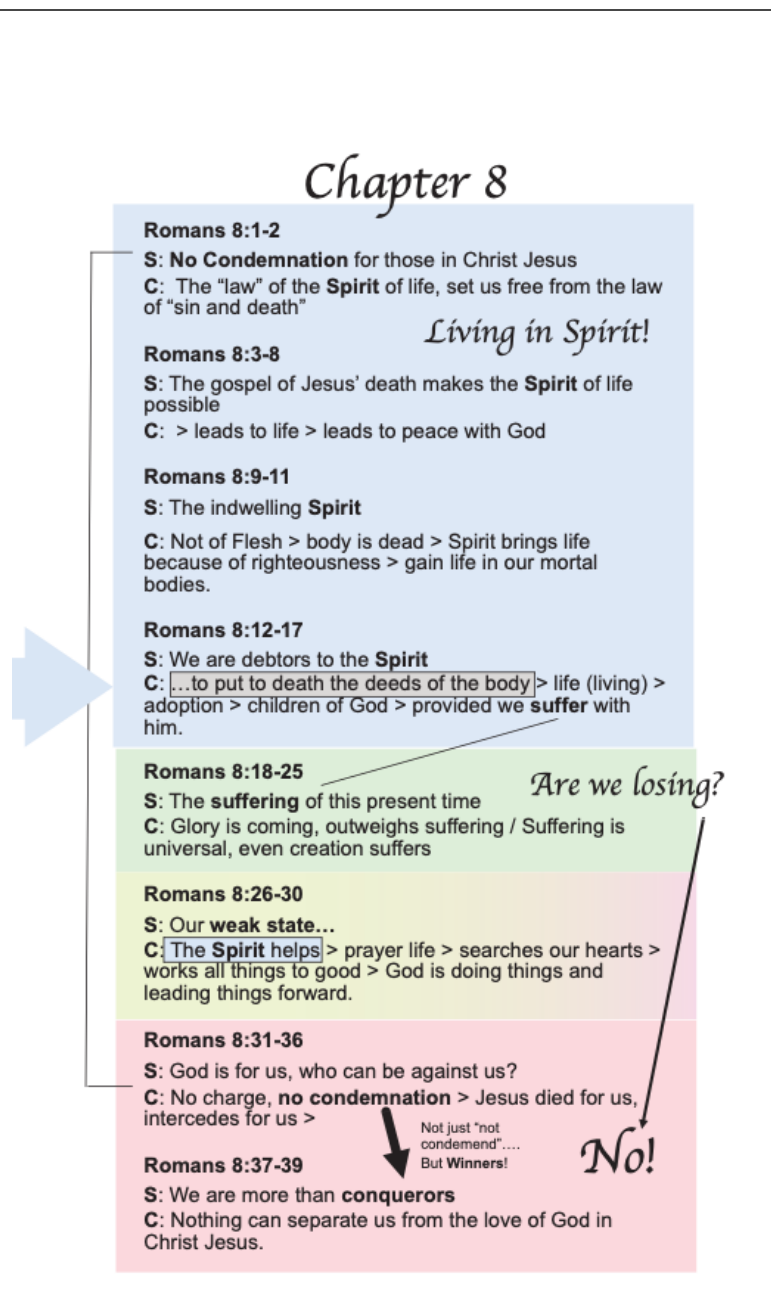
C: The mind of man may desire to serve God, but the "flesh" (human nature) prevents this.

What Can Fix This?

Study.

Familiarize yourself with the basic flow of Romans 6-8 (left) then look at the larger summary below.

Q / What do you learn from reviewing a summary of these chapters? What stands out to you? What questions might you have?



Life in the Spirit

8 There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. ³For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, ⁴in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵For 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. ⁶For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. ⁸Those who are in the flesh cannot please God.

⁹You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

Heirs with Christ

¹²So then, brothers, we are debtors, not to the flesh, to live according to the flesh. ¹³For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴For all who are led by the Spirit of God are sons of God. ¹⁵For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" ¹⁶The Spirit himself bears witness with our spirit that we are children of God, ¹⁷and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

Take a few moments and focus on the solution to the problem (blue section). Read the passage and consider the questions below...

How can a person live a righteous life?

What does it mean to be free from the law of sin and death?

How can a person have peace with God?

Why should we give up sin as a lifestyle?

Other thoughts?