

ROMANS 5-8 BIBLE STUDY

Chapter 5

Note that some of the commentary and explanation below is adopted from The Christian Counselor's Commentary by Jay E. Adams.

Day 1 (Romans 5:1-5)

1. From Verse 1, how do you have "peace with God"?

2. Peace with God means those who are saved are no longer enemies of God. If you are saved, write down your thoughts about once being an enemy of God and now being at peace with God as a result of the work of Jesus.

3. Peace (shalom) is a condition of prosperity, joy and contentment. Jay Adams points out that because of the sin of others and our own sin, peace in this world is never complete. Therefore, in this world the path to greater peace is growing in love for God and love for others. Fundamentally, peace comes as a result of pleasing God—it is a by-product. So although peace may be a desirable biblical goal and motive for service, our primary motive must be to please God. Where in your life have you made seeking peace more important than pleasing God?

4. Based upon verse 2, not only are we justified by faith (made right before God), but we have been granted access in to what?

5. Grace represents everything you now have access to as a believer in Jesus Christ, which is the unearned, undeserved power of Jesus at work in your to life to make you more like HIM (which produces even more shalom). Journal your thoughts about this truth of having Jesus power at work in your life below.

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6. By faith we are justified and granted access to God's grace. Verse 2 says we also exult (rejoice, delight, boast) "in the hope of the glory of God". What do you think that means?

7. Glory in verse 2 seems to mean in part the completion of the peace a believer receives when he is perfected in heaven. As a believer you have so much now (peace and God's grace) and can anticipate so much more. How does this truth affect your thinking concerning your current circumstances?

8. Verses 3-4 describe a chain of products produced by afflictions when the afflictions are handled God's way (as described in the Bible). List those products.

9. Endurance is the ability to remain under the trial or burden and please God while in the trial.

a. Is that a character trait you truly desire?

b. Do you believe that you may experience greater trials than the one(s) you are in now?

c. What must you do in your current trial in order to be prepared for the greater trial? What does that specifically look like in action?

10. Proven Character means character that is pleasing to God. In your trial(s), what is more important to you (as determined by your thoughts and actions), avoiding the trial or developing character that is pleasing to God?

11. Hope refers to the day when you will actually hear God say “well done!” From verse 5 how do you know that this hope is certain and will not fail?

12. Based upon these verses what should a believer’s view of trials be?

Day 2 (Romans 5:6-21)

13. Questions 13-19 refer to verses 6-11. From these verses how are people described at the time Jesus died for them?

14. In verse 7 a “righteous man” is one who keeps the law of God and a “good man” is one who is especially kind to others. The reality is we are neither. Yet Jesus died for us.
 - a. How does this truth affect your thinking about God?

 - b. How does this same truth affect your thinking about other people---particularly those you may be in conflict with?

15. From verses 10 and 11 what did Jesus accomplish by His death?

16. If Jesus can accomplish that through His death, what do you think Jesus can accomplish through you now that you (if you are a believer) are no longer an enemy of God and have the power of Jesus, the Holy Spirit, living within you?

17. Verse 11 says we can “exult” or boast in our Savior Jesus. Do you boast in Jesus?

18. From verse 6, at what time did Jesus die for us?

19. Verse 6 shows that God is a timely and orderly God. If we are to become more like Christ, where in your life do you need to be acting more timely or in a more orderly fashion?

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Explanation: Adam sinned by disobeying a direct command of God (don't eat of the tree of life). The written law of God (sometimes referred to as the Mosaic Law because God gave it to Moses) came well after Adam. Nevertheless, every person between Adam and Moses were sinful by nature because they inherited Adam's sinful nature.

20. The result of Adam's sin is that all people are sinful by nature, and that nature results in death (eternal separation from God forever in hell). However, based upon verses 17-19, "much more" is available to a person through Jesus Christ. What is included in the "much more"?

21. Our sin can feel like it is too heavy and too powerful for us to escape. Based upon verses 20 and 21, what is available in greater measure than our sin?

22. From Verse 21, how can grace abound in your life?

23. What verse from Chapter 5 was most impactful to you and why? Write out the verse below.

Romans

Chapter 6

Day 1 (Romans 6:1-12)

1. Chapter 5 ended with the promise that where we are struggling with sin, God will provide sufficient grace—forgiveness and strength to overcome. How does Paul answer the question: “Well, isn’t it ok to keep sinning so that there will be more grace?”

2. In light of Jesus’ life, death and resurrection what are your thoughts when you think of your past sins? Your current sins?

Note: The key phrase in verse 3 is *“baptized into Christ Jesus”*. This phrase means a believer is united with Jesus. Many times in the New Testament, you will see the phrase “in Christ.” This phrase refers to a Christian being “united with Jesus” through a belief that Jesus died to pay the penalty for his sin and that Jesus was resurrected to new life. Therefore, by being in Christ (united with Jesus) all of Christ’s experiences (death, burial, resurrection) are attributed to the believer.

3. From verses 4 and 5, if you as a believer were united with Jesus’ death, in what else are you also united with Jesus?

4. What do you think it means for you to be united with Jesus in a resurrection like His (verse 5)?

5. From verses 6 and 7, Jesus took on our sin on the cross, so if you believe in Jesus, both Christ and your old sinful nature were crucified. So you are no longer a slave to sin.

a. Describe what it means to be a slave to something or someone?

b. Because we know that as Christians we do continue to sin, what do you think it means in verse 7 to be freed from sin (i.e. no longer a slave to sin)?

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6. From verses 8-11. If as a believer you died with Christ, then what else is true?

7. If death is no longer master over Jesus, then what is true of you if you are a believer?

8. If as a believer you are united with Christ in His resurrection and new life, what is the goal of your life now?

Note: This ties in with Paul's answer to the question in verse 2. If a person is truly a believer and united with Jesus in His new life to live for God, it is totally inconsistent to choose or purpose to continue to sin.

9. In verse 12, the reference to "mortal body" means your current fleshly body that is dying because of sin and includes your mind programmed by your prior sin nature. According to verse 12 what are you not to do?

10. Based upon verse 13, what are you not to do? What are you to do? What does this mean as a practical matter?

11. Based upon verse 14 and the prior verses, if you are a believer do you now sin by choice or because it is your nature?

12. When you think of your struggle with sin as a believer, is it encouraging to know that you now have the ability to choose not to sin? Explain your answer.

Day 2 (Romans 6:13-23)

13. Though we are no longer slaves to sin, we do still have sinful habits of thinking and actions. Verse 13 tells us we must not only stop presenting the members of our body to sin we must replace that behavior with righteous behavior. Specifically what sinful thinking or behavior do you have to stop? What thinking or behavior do you have to replace it with?

Thinking or Behavior to Stop	Replacement Thinking or Behavior

Note of Encouragement: As a believer you are no longer a slave to sin. You do not have to live in such a way as to “get free” from sin. You already are free from sin. Paul is calling us to live “what we already are” **NOT** “try to become something we aren’t yet”.

14. From reading verses 15-23, if you are a believer are you now a slave to anything?

NOTE: Our “salvation” is said to have 3 parts. Justification which is entirely the work of God, where God acted instantaneously to grant us saving faith in the work of Jesus. Sanctification which involves the believer over time becoming more like Christ and involves the work of both God through the power of the Holy Spirit giving us the power to live like Christ and the work of the believer to choose to obey the Lord and become more like Jesus in growing measure. Finally, Glorification, which is also entirely the work of God, where in heaven we will be like Jesus and totally free of sin.

15. From verses 17-19, what is involved on the part of the believer to become sanctified?

16. Why would you want to obey God after you have been justified (saved)?

17. What are the outcomes of being enslaved to God?

18. What verse from Chapter 6 was most impactful to you and why? Write out the verse below.

Romans Chapter 7

Day 1 (Romans 7:1-14)

In this chapter, Paul is still addressing the problems associated with sanctification (becoming more like Jesus Christ).

1. In verses 1-4 Paul refers to the Old Testament law that a person was not free of a marriage until there was a death. Based upon verse 4:

- a. Who has died?
- b. Died to what?
- c. How (or through what) did the death described in b. above occur?
- d. For what purpose did this death occur?

2. Verse 5 the term “in the flesh” refers to a believer’s condition before he was saved and made a new creation with a new nature that desires to please God. From verse 5 what was going on in our mortal body when we were in the flesh?

3. Verse 6 points out that as a believer you are “released from the law”. What does that mean to you personally?

4. From verse 6, as a believer you are released from the law to do what?

5. Based upon verse 7, is God’s law sinful? If not, what is its purpose?

6. God’s law is not sin. However, how does our sin nature respond to God’s law (see verse 8)?

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14. What is going on in the “bodily members” (the sin-cursed sin-habituated body and mind) of the believer (verse 23)?

15. In verse 24 how does Paul describe himself when he continues to sin?

16. How can you relate to that description?

17. Who can rescue you from that condition?

18. What verse from Chapter 7 was most impactful to you and why? Write out the verse below.

Paul’s instruction is encouraging and instructive. Paul acknowledges that as Christians we now in our inner man (described in the Bible as heart, soul and mind) desire to please God and believe His commandments are good. Prior to salvation a person has no desire to believe God, and does not see God’s commandments as good. However, our flesh developed sinful habits of thought and action prior to salvation (this is the other law at work referenced in verse 23). So the Christian life is to please God by becoming more like Jesus and this is done by “re-habituating”—replacing old sinful habits with new God honoring habits and the power to do this comes from the Spirit of Jesus Christ that dwells within us (our rescuer not only from death but sinful habits—verse 25). Therefore,

- be encouraged that your struggle with sin is not unique;
- be informed that there is work to do (replacing sinful habits with God glorifying habits); and
- be further encouraged that Christ in His grace and through His Spirit will provide the power to do the work.

(AND THERE IS MORE GOOD NEWS IN ROMANS 8!!!)

Day 3 (Romans 7)

The Following is an extended excerpt from a sermon by John Piper that helps explain the struggle between the two natures at war within the Christian.

“And there’s another clarification we should make about this verse [speaking of Romans 7:25]. We must not get the notion that “the mind” is intrinsically good and the body is intrinsically bad. No, the term “flesh” in this verse does not mean simply “the body” and the term “mind” does not mean simply the natural thinking organ. The “mind” that serves the law of God is Paul’s renewed mind, not the “depraved mind” that [Romans 1:28](#) refers to. Remember [Romans 12:2](#) says, “Do not be conformed to this age, but be transformed by the renewing of your mind so that you may prove what the will of God is.” In other words, the mind has to be “renewed” in order to prove what the will of God is. So when Paul says in [Romans 7:25](#) that he is serving the law of God with his mind, he means that God is renewing his mind and giving him a measure of victory over the flesh to discern and approve the will of God.

And the “flesh” is not merely the body. In [Galatians 5:20](#) the “works of the flesh” include “strife, jealousy, anger,” not just “immorality, impurity, sensuality.” The flesh is the part of Paul’s fallen, sinful human nature untransformed by the Holy Spirit. It might come to expression through the body. And it might come to expression through the mind. [Colossians 2:18](#) even refers to “the mind of the flesh.” So we must be careful here not to elevate the mind to a position of perfection while lowering the body to a position of impurity. That is not the point. Flesh is not the opposite of “mind,” but the opposite of the renewed mind. And flesh can also be the opposite of the body when the body is being presented to God as an instrument of righteousness.

So what Paul is saying in this last verse is that his life of obedience comes from his mind being renewed by the Holy Spirit so that he can prove what is the will of God, and when he fails in thought or feeling or word or act it is the flesh – the old fallen nature – harassing him and getting the upper hand.

Now, let’s step back and ask again how we should live in view of this Biblical Realism we have seen in Romans 7. Let’s draw in the other things Paul has said about our nature as Christians.

***Already: Decisively and Irrevocably Free; Not Yet: Finally and Perfectly Free
Two things should be deeply rooted in your mind as a Christian:***

One is that when you believed in Christ, you were united to him and experienced a decisive deliverance from the dominion of sin. Paul says it again and again in Romans 6. Verse 6: “Our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin.” Verse 14: “Sin shall not be master over you, for you are not under law but under grace.” Verses 17-18: “Thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness.” Also in [Romans 8:2](#), “The law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.” When you trusted Christ as your treasure there was a decisive and irrevocable event of deliverance.

The other thing that should be deeply rooted in your mind is that, even though a decisive deliverance from the dominion of sin has happened, a final and perfect deliverance from the effects of indwelling sin has not yet happened. That is what we have spent five messages unfolding in [Romans 7:14-25](#). “Indwelling sin,” “flesh” “evil” are present with us still and threaten to take us captive at any moment.

So the question is: How are we to live in view of this double truth about ourselves? The answer comes from watching the amazing way that Paul speaks to us about our deliverance and our newness in Christ. What he does again and again is to say: This new man is who you decisively and irrevocably are in Christ. This free man is your deepest and truest identity. Now act on it. Look to Christ, trust his help, and by his Spirit become what you are.

If your besetting sin is anger, affirm that in Christ you have died to that identity and in Christ you have his patience and kindness. Look to him and trust in him and rejoice in him. And fight against anger as one who has the victory in him.

If your besetting sin is heterosexual or homosexual lust, affirm that the truth that in Christ you have died to this fallen and distorted identity. I recall many conversations with Joe Hallett who came out of the homosexual life and lived among us with AIDS for 10 years and died a few years ago. He never tired of saying: Do not say "I am a homosexual." Say rather, "I struggle with homosexual desires." That was not a superficial mind over matter trick. It was a profound Biblical insight into Romans 6 and 7: In Christ our old selves have died – whatever their distortion and corruption – and we are decisively and irrevocably new. In Christ Jesus homosexual, fornicator, adulterer, covetous, thief, alcoholic, are not who we truly are. Affirm that by faith in Christ. Trust him as your all-satisfying treasure and look to him for the help to become (as much as possible in this life) who you truly are in Christ.

Become What You Are

Let's close by looking at how Paul says this, so that you can see it is really there in the Word of God. The way he does it is with a strong statement of fact that Christians are new, accompanied by an equally strong command that we become new. Here are some of the examples in the New Testament.

- 1. Statement of newness: [Romans 6:14](#), "Sin shall not be master over you, for you are not under law but under grace." Command to become new: [Romans 6:12](#), "Do not let sin reign in your mortal body."*
- 2. Statement of newness: [Romans 6:18](#), "Having been freed from sin, you became slaves of righteousness." Command to become new: [Romans 6:19](#), "Present your members as slaves to righteousness."*
- 3. Statement of newness: [Romans 6:6](#), "Our old self was crucified with Him." Command to become new: [Romans 6:11](#), "Consider yourselves to be dead to sin."*
- 4. Statement of newness: [Colossians 3:9](#), "You laid aside the old self with its evil practices." Command to become new: [Ephesians 4:22](#) "Lay aside the old self, which is being corrupted in accordance with the lusts of deceit."*
- 5. Statement of newness: [Colossians 3:10](#), "You have put on the new self who is being renewed to a true knowledge according to the image of the One who created him." Command to become new: [Ephesians 4:24](#), "Put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."*
- 6. Statement of newness: [Galatians 3:27](#), "All of you who were baptized into Christ have clothed yourselves with Christ." Command to become new: [Romans 13:14](#), "But put on the Lord Jesus Christ."*
- 7. Statement of newness: [Galatians 5:24](#), "Those who belong to Christ Jesus have crucified the flesh with its passions and desires." Command to become new: [Romans 13:14b](#), "Make no provision for the flesh in regard to its lusts."*
- 8. Command to become new: [1 Corinthians 5:7a](#), "Clean out the old leaven so that you may be a new lump [of dough]." Statement of newness: [1 Corinthians 5:7b](#), ". . . just as you are in fact unleavened."*

When Paul says in [Romans 7:25b](#), "I myself with my mind am serving the law of God," he means, By the transforming power of the Spirit I set my mind on the treasure of Jesus Christ and all that God is for me in him ([2 Corinthians 5:19](#); [1 Corinthians 1:30](#); [Colossians 2:3, 9](#)); and all that I am in him ([2 Corinthians 5:17](#)) and all I will become through him ([Philippians 1:11](#)). And I believe him and trust in his help and power. And I act on that faith. And if I stumble, I do not yield to the temptation to deny Christ or my true life in him. I repent and I revel in his forgiveness and I fight on.

Let's join him. Do not be conformed to this world but by the renewing of our minds let us serve the law of God!"

Romans Chapter 8

Day 1 (Romans 8:1-14)

Note the work of the Holy Spirit through-out chapter 8. Look for “Spirit” with a capital S.

1. “Therefore”, in verse 1 refers back to all Christ has done for the Christian. He paid the price for your sin. From verse 1, what is the result of what Christ has done for you?

2. What does this mean to you? How important is this to you?

3. From verse 3 (and based upon your reading of Chapters 5-7) explain what God’s law could not do for a person? How did God accomplish that through sending His own Son?

(Note: Jay Adams states *that “sending His son in the likeness of sinful flesh”* does not mean Jesus was sinful; just that He came in bodily form. Jesus had no sin nature to sinfully habituate His body).

4. From verse 4, how are you now able to actually do what God’s law requires?

5. “Those who are according to the flesh” refer to the unsaved. “Those who are according to the Spirit” refer to Christians.

a. From verses 5-9, describe the person who lives according to the flesh?

b. Describe the person (Christian) who lives according to the Spirit?

6. From verse 10, if you are a Christian, describe the relationship between your inner man (heart, soul, spirit, mind) and your fleshly body.

7. Verse 11, the power of the Spirit, which was powerful enough to raise Jesus from the dead lives in you if you are a believer.

a. What will the Spirit do for your mortal body?

b. What do you think that means (hint-it does not mean you current human body will live forever)?

TRUTH: Verses 12-14 state that if we are saved we are not obligated to our sinful fleshly habits but we are obligated to the Jesus who purchased us. The Spirit (and His power) lives in you and grants you the strength and understanding of God's Word-the Bible-in order to put to death your sinful habits and start truly living the righteous life that pleases God. **LIVE THIS REALITY!!**

Day 2 (Romans 8:15-30)

8. From verse 15, as a result of your salvation, you are adopted as a child of God and can call Him "Abba" or daddy. What is the significance of that to you?

9. Prior to your salvation and adoption, you were an enemy of God and His wrath was upon you. Compare the difference between going to an all-powerful, wrathful enemy and going to an all-powerful yet loving daddy when:

a. You have sinned.

b. You have a need or a strong desire.

10. In verse 17, how are you as a believer described?
11. What does it mean to be someone's heir?
12. In this life, what has to happen for an heir to receive his inheritance? How is that different from being an heir of God?
13. As a believer, who is your co-heir?
14. From verse 17, what must we do to be such a co-heir?
15. Since we are united with Christ we will share in His sufferings. What is Paul's view of sharing in such suffering (v.18)?
16. Personal question. Do you share the same view as Paul in regards to your suffering?
17. From verses 26-27, how does the Spirit help us in our weakness?
18. In verse 27, in what way does the Spirit intercede for believers?
19. Verses 28 and 29 are 2 of the most encouraging verses in Scripture. From these verses:
 - a. What does God promise?
 - b. To whom is the promise made?

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- c. How does God define “for the good of those who love Him” (*see v.29*)?
- d. Relate the truths in these verses to a current trial you are experiencing?

20. Based upon verse 30 what is the ultimate reward for the believer?

Glorified (or glorification) refers to the unilateral act of God when He in heaven gives us our new perfect heavenly bodies that are free from sin and where we will be forever free from sin and the effects of sin and live with Christ for eternity.

Day 3 Romans 8:31-37)

- 21. What truth is Paul conveying with the rhetorical question he asks in verse 31?
- 22. What truth does Paul set out in Verse 32?
- 23. How should this truth affect the way you view your trial and circumstances?
- 24. As you read verses 33-34 picture a courtroom where Satan is excusing you (a believer) of being sinful and not entitled to eternal life. What role do you see God the Father and Jesus playing in this scene?
- 25. As a believer who is “in Christ”, God loves you. You are a child of God, a co-heir with Jesus. Is it possible for you to lose that? What verse(s) support your answer?
- 26. In light of the spiritual blessings you have as a believer who is “in Christ”, what should your attitude be regarding your trials and circumstances based upon verse 37?

27. When a person does not live like “more than a conqueror”, that person can view himself as a “victim”. He may begin to see himself as helpless, or he can become a blame-shifter. Are there ways you are NOT living as more than a conqueror in your current circumstances?

28. What would living like more than a conqueror in your current circumstances look like?

29. What verse from Chapter 8 was most impactful to you and why? Write out the verse below.