



LIFE IN THE
SPIRIT

A STUDY OF ROMANS 8



A WHOISGRACE RESOURCE

Romans 8

TABLE OF CONTENTS

Why Romans 8?	2
Getting the Most Out of This Study	4
Scripture Memory Challenges and Tips.....	6
Notes.....	9

Romans 8

Why Study That?

In the middle of his letter to the Romans, the apostle Paul writes one of the most theologically packed and beautiful chapters in the whole bible about life in the Spirit. He declares that a new life in Christ is possible as it is worked out through the transformation of our hearts by His Spirit over the course of our lifetime. In our weakness, He is strong. Where sin had a hold on us, we are now forgiven. The chains that held us back are now broken and we are free to walk every day in the power of the Spirit. Whether you're new to Romans 8 or familiar with its gems, this chapter holds some of the greatest truths for our Christian lives. Discover it anew, or rediscover what you already know through a verse-by-verse study of Romans 8 as we explore the heart-pounding adventure of Life in the Spirit.

The Book of Romans is a letter written by the apostle Paul to the Christian community in Rome, Italy. It is considered one of the most important books of the New Testament and one of the foundation texts of Christian theology. It breaks down the gospel of Jesus Christ in a way that makes sense and is easy to understand. Paul talks about how we can be saved from sin through faith in Jesus and how He paid the price for us. He also covers deep topics like the nature of God, human sin, the role of the law in the life of a believer, and how the Holy Spirit works in our lives.

The Book of Romans will help you get a clearer understanding of important biblical concepts like justification by faith, the sovereignty of God, and the power of love and obedience. It's like a roadmap for your faith journey and has inspired and encouraged believers for centuries. The theology presented in Romans has had a profound impact on Christian thought and continues to shape the beliefs and practices of Christians today.

Getting the Most Out of This Study

Maximize your chair time with an incredible tool! The YouVersion Bible app can help you establish a great new habit. If you have never tried it, your first step is to download the app from your app store.



- Once you have the app downloaded, open it, choose the search icon 🔍 and search “Grace Church” to find our church.
- Look for our logo 🟢 then click on Grace Church and “Set as My Church.” This will sync you up with current and past READ plans written by our Grace Church writing team.
- **BONUS:** if you click on “My Church” and “Notification Settings”, then “Push Notifications”, then you can scroll to the bottom of the list and choose to receive notifications under “My Church.” These notifications will alert you when we publish or feature a new plan!

After that, the best way to level up your YouVersion experience is to find at least one other person and invite them to follow a plan with you! To do that:

- Select “**start plan**”.
- Choose to read this plan “**with friends**”.
- Select your preferred start date.
- Invite your friends by selecting them from your list or sending them a link via text, email or direct message.

Why read with a friend?

It will help you stay accountable: you and your friends can see one another’s progress through the plan.

You can “talk it over” each day of the plan: no matter when in the day you Find Your Chair, you’re able to leave thoughts and comments for your friend.

[Click here to check out YouVersion](#)

Scripture Memory Challenge And Tips

Try to memorize Romans 8:18-39 in two months! Here are some tips and tools to help you. All of these resources and more can be found at whoisgrace.com/READ. First, we have included scripture cards you can cut out of this book on the next pages if you'd like.

Suggested Memorization Schedule:

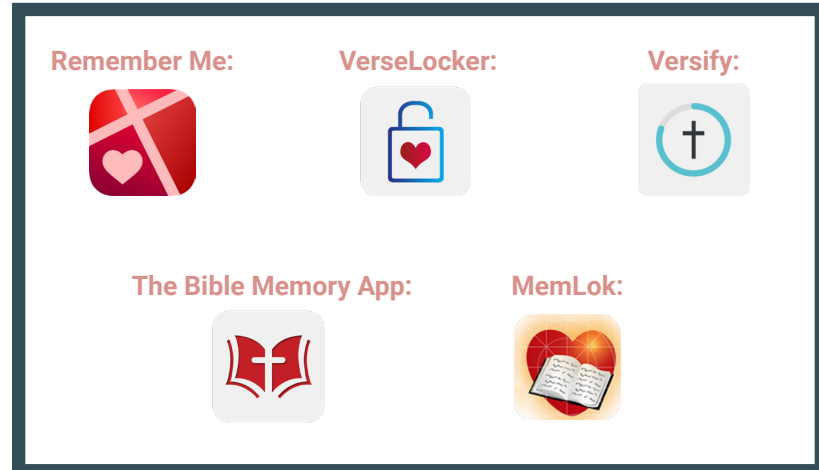
By March 19: verses 18-22

By April 2: verses 23-28

By April 16: verses 29-34

By April 30: verses 35-39

Recommended Apps:



Tips for Memorizing Scripture:

STUDY IT

Study the passage in its biblical context and ask yourself - what does this passage say? What does it mean? How would I say this in my own words? What does it teach me about God, Jesus, and the Holy Spirit?

PRAY IT

Use the passage as a daily prompt for prayer

WRITE IT

Dedicate a notebook to Romans 8:18-39 and write the passage over and over again.

- Diagram the passage: square around verbs, underline nouns, circle adjectives & adverbs. Say it out loud, emphasizing different parts of speech each time.
- Write out the first letter of each word in the passage somewhere you can reference it throughout the week.
- Use a whiteboard to write out the passage. Erase a few words at a time as you continue to repeat it out loud. Erase until you have it all committed to memory.

CREATE

If you can, make up a tune for the passage to sing as you go about your day, or try singing it to the tune of a favorite song.

Sketch the passage, visualizing what each phrase would look like in the form of a picture. Try using calligraphy or altering the style of your handwriting as you write it out.

Use hand signals or signs to come up with associations for each word or phrase and repeat the movements as you practice.

SAY IT

Repeat the passage out loud to yourself as you are going through the rhythm of your day. Consider recording yourself and listening too!

Spontaneously challenge someone in your LifeGroup or family! Set up a recurring 10-minute practice session with someone.

SHARE IT

Send the passage as an encouraging text to a friend, testing yourself as you type to see how much you have memorized.

DON'T GIVE UP!

Set reminders on your phone, cut out the cards, tape them to your mirror, download an app, or grab a practice buddy. Get creative and keep at it!



¹⁸For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ¹⁹For the creation waits with eager longing for the revealing of the sons of God. ²⁰For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope ²¹that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. ²²For we know that the whole creation has been groaning together in the pains of childbirth until now.

²³And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. ²⁴For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? ²⁵But if we hope for what we do not see, we wait for it with patience. ²⁶Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. ²⁷And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. ²⁸And we know that for those who love God all things work together for good, for those who are called according to his purpose.

²⁹For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. ³⁰And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified. ³¹What then shall we say to these things? If God is for us, who can be against us? ³²He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? ³³Who shall bring any charge against God's elect? It is God who justifies. ³⁴Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.

³⁵Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ³⁶As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." ³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.





























