

# Battling Condemnation - Lesson

**Lesson summary:** There is no condemnation for those walking in step with the Holy Spirit instead of following the path of sin. So walk with the Holy Spirit.

## **ROMANS 8:1 (NIV)**

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

### **1. Who is walking after the Spirit?**

- Those who have received the Spirit of Life in Christ
- Those who are pursuing the things of the Spirit, not just thinking they are good.
- Those who think about the things of the Spirit, and don't think about the things of the sinful way of living, and how to satisfy the desires that go with that lifestyle.
- Those who have the Spirit of God dwelling in them.
- Those who take action to stop doing, and thinking about, sinful things.

### **2. Who is walking after the Flesh (the sinful way of living)?**

- Those who put actions towards satisfying the sinful way of living.
- Those who have their minds set on the things of the flesh, thinking about them and allowing those thoughts to remain and enjoying them.
- Those who are hostile toward God's commands, and are unwilling to submit to them.
- Those who are trying to find ways to secretly sin, instead of eliminating it.
- Those who live in deception, lying to others about where they are at with God.

### **3. Who is condemnation reserved for?**

Condemnation is reserved for those who are given over to rebellion against God and do not care if what they do hurts God or others. They only want to satisfy their own desires.

When you begin to feel condemned, remember that God knows you are weak in following His laws, but if your heart is set on wanting to serve God, and you are willing to take actions that will help you to grow in Him, you are pleasing to God.

God may not be pleased with what sins you are committing, but He is always pleased you are a part of Him. Sin must be stopped because it destroys you and that hurts God.

God is always focused on your redemption and growth and His goal for you is always a desire to see you grow closer to Him.

### **4. If God is not the source of condemnation in your life, where is it coming from?**