

Central Study Hour – Sabbath School Lesson Notes

“The book of Romans”: Lesson 9, “No Condemnation”

SABBATH AFTERNOON

Read the title, memory verse, and the first two paragraphs.

Note the illustration at the top of the page. Everything is different when we are held in the palms of God’s hands.

SUNDAY: “IN CHRIST JESUS”

Read Romans 7:24. Here is one feeling under condemnation.

Read Romans 7:14, 19. This is just pure frustration and defeat.

Read Romans 7:25a. Deliverance can only come through Jesus.

Read Romans 7:25b. This seems to be a summary of Romans 7. It describes a divided man; one who opposes himself between serving God or serving the flesh. Romans 7 is all about condemnation. Romans 8 is a complete contrast to Romans 7.

Read Romans 8:1 (from the quarterly, KJV, or NKJV). *What does “no condemnation” mean? No condemnation from what? We are not condemned to receive the wages of sin; death.*

Recite Romans 8:1 again. *Why is there no condemnation? Isn’t it first because Jesus took the curse upon Himself? Yes! What does 8:1 add to that as the reason there is no condemnation? Walking “after the Spirit” and “not after the flesh.” Being “in Christ Jesus” is contrasted with being “in the flesh.” Why is there condemnation in Romans 7? The experience described there is one of serving the flesh (7:25); “carnal, sold under sin” (7:14).*

Recite Romans 8:1 again. “Formerly condemned as a lawbreaker, that person now stands perfect in the sight of God, stands as if he or she had never sinned, because the righteousness of Jesus Christ completely covers that person. There is no more condemnation....because Jesus’ perfect life record stands in the person’s stead. But the good news doesn’t end there.”

Read Romans 8:2. *What frees a person from slavery to sin? According to this verse, it’s “the law of the Spirit of life in Christ Jesus.” “The law of the Spirit of life” [in Romans 8 is] in contrast with “the law of sin and death” described in chapter 7 as the law by which sin ruled—the end of which is death. Christ’s law instead brings life and freedom.”*

***Here’s an insightful comment by E.J. Waggoner.

“The law without Christ is death. The law with Christ is life....The law of sin and death works in our members [parts of the body]. But the law of the Spirit of life in Christ gives us freedom from this. Mark that it is the life in Christ that does this. It does not give us freedom from the obedience to the law, for we had that before, and that was bondage, and not freedom. What He gives us freedom from is the transgression of the law.” (*Waggoner on Romans*, p. 145.)
He gives us freedom from slavery to sin!

Read the quotation and questions in the box at the bottom of the page. Regularly yielding to sinful actions, addictions, sinful feelings, and/or impulses, such as; grouchiness, complaining, impatience or bad temper, and faultfinding would indicate that another spirit is in control.

MONDAY: "WHAT THE LAW COULD NOT DO"

Read the title and the first paragraph.

Read Romans 8:3-4. *What did Christ do that the law, by its very nature, cannot do?* Christ defeated sin in the flesh (condemned it, broke its power) so that the righteousness of the law can be fulfilled in those who walk after the Spirit instead of the flesh. "God provided a remedy by **'sending his own Son in the likeness of sinful flesh'** and He **'condemned sin in the flesh.'**" *What is the significance of the phrase "for sin" in verse 3?* The Greek suggests that He became the sin offering. He took our condemnation and gave us His perfect life.

***Waggoner again explains.

"Getting into Christ is only the beginning, not the end, of the Christian life....He takes the ungodly man with all his evil habits and forgives all his sins, so that he is counted as though he never had sinned. Then He continues to give him His own life, by which he may overcome his evil habits." *Waggoner*, p. 144-145

Will he ever be convicted of sin again?

***Waggoner answers under the sub heading "**Conviction, Not Condemnation.**"

"Association with Christ will more and more reveal to us our failings, just as association with a learned man will make us conscious of our ignorance. As a faithful witness, he tells us of our failings. But it is not to condemn us. We receive sympathy, not condemnation, from Him. It is this sympathy that gives us courage, and enables us to overcome.

When the Lord points out a defect in our characters, it is the same as saying to us, 'There is something that you are in need of, and I have it for you.' When we learn to look at reproof in this way, we shall rejoice in it, instead of being discouraged." *Waggoner*, p. 145.

Read the third paragraph of the narrative (starting with "As a result..."). We must always remember that keeping the law is not earning salvation. "It simply means living the life that God enables us to live; it means a life of obedience, one in which we have **'crucified the flesh with its passions and desires'** (Gal. 5:24, NKJV)."

Read the last two paragraphs of the narrative.

Read and consider thoughtfully the questions in the box at the bottom of the page. Not living out the righteousness of the law shows one isn't dead to self, and therefore not free in Christ; not walking in the Spirit.

TUESDAY: "THE FLESH OR THE SPIRIT"

Read Romans 8:5-6 (from the quarterly or KJV). *What basic message comes through from these verses?* To follow the flesh is to be lost and ends in death. To be after the Spirit is life and peace. *What do these verses say to you about the way in which you are living your life?* One thing is for sure; we have to continually choose to surrender to the Spirit and die to self!

Read the first paragraph of the narrative (regarding "after" and "mind"). It's about choices!

Read Romans 8:7-8. *What is the carnal mind unable to do?* The carnal mind (the flesh) **"cannot please God;"** can't even be subject to God for it is at enmity against God.

Read or share highlights from the three following paragraphs.

Read and ask the questions from the box at the bottom of the page.

WEDNESDAY: "CHRIST IN YOU"

Reread Romans 8:6-8 and add verse 9. *What does verse 9 clarify?* The born again Christian is not in the flesh. One without the Spirit is not Christ's. We are either following in the flesh or the Spirit. "There is no middle ground. Or as Jesus Himself said: '**He who is not with Me is against Me, and he who does not gather with Me scatters**' (Matt. 12:30)." Jesus also said that "**No man can serve two masters**" (Matt. 6:24).

Read Romans 8:10-11. *What is promised to those who surrender themselves fully to Christ?* Life in the Spirit like Christ's resurrection; a miracle power to live a new life.

Read Romans 8:12-13. *What will result in death? Living after the flesh. What must be done to the flesh or the deeds of the body?* Mortified through the Spirit. "The life '**in the flesh**' is contrasted with life '**in the Spirit.**' The life '**in the Spirit**' is controlled by the Spirit of God, the Holy Spirit."

Read the third paragraph of the narrative (starting with "In these verses"). "Thus, after conversion there still will be a struggle against sin." It's about our choices; to surrender to the Spirit....or not.

***Waggoner explains about this struggle.

"The flesh and the Spirit are in opposition. These are always contrary the one to the other. The Spirit never yields to the flesh, and the flesh never gets converted....The Spirit strives with the sinful man, but he yields to the flesh, and so is the servant of sin.

Such a man is not led by the Spirit, although the Spirit has by no means forsaken him. The flesh is just the same in a converted man that it is in a sinner, but the difference is that now it has no power, since the man yields to the Spirit, which controls the flesh. Although the man's flesh is precisely the same that it was before he was converted, he is said to be not 'in the flesh,' but 'in the Spirit,' since he through the Spirit mortifies the deeds of the body." *Waggoner*, p. 148-149.

Read the box at the bottom of the page and ask the question. Isn't the real problem unbelief?

THURSDAY: "THE SPIRIT OF ADOPTION"

Read Romans 8:14-15. *How does Paul describe the new relationship in Christ?* It's being adopted by God to be His son or daughter! *How do we make it real in our lives?* It can only be real through full surrender; being "**crucified with Christ**" and receiving the Spirit to be "**in Christ.**" "The new relationship is described as freedom from fear. Slaves are in bondage. They live in a state of constant fear of their master."

***Waggoner comments on living without fear.

"**For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.**' '**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**' 2 Tim. 1:7....'**There is no fear in love; but perfect love casteth out fear.**'

'Christ gave Himself to deliver them who through fear of death were all their life subject to bondage.' Heb. 2:15. He who knows and loves the Lord cannot be afraid of Him; and he who is not afraid of the Lord has no need to be afraid of any other person or thing. One of the greatest blessings of the gospel is the deliverance from fear, whether real or imaginary. **'I sought the Lord, and He heard me, and delivered me from all my fears.'** Ps. 34:4." *Waggoner*, p. 150-151.

What is living by fear? It's bondage.

Read the third paragraph of the narrative (EGW, *SDA Bible Commentary*, vol. 6, p. 1077).

Read Romans 8:16-17. *If we are adopted sons and daughters of God, do we have an inheritance? Are we heirs? What does that mean?* It means that we share everything with Christ; His life, His victory, His character, and even His throne (Rev. 1:6 and 3:21). "We don't earn it; it is given to us by virtue of our new status in God, a status granted to us through His grace, which has been made available to us because of the death of Jesus in our behalf.

Share the 2nd quotation from Friday's page (EGW, *Testimonies for the Church*, vol. 7, p. 229).

Read and ask the questions in the box at the bottom of Thursday's page. To help with the question about, "What holds you back" go to Friday question #2. Ask these questions and then ask, *Can what we watch or read hold us back? Do these decisions make it difficult to walk in the Spirit?*

Conclusion:

Read the third quotation on Friday's page (EGW, *Selected Messages*. Book 1. P. 309).

Read Romans 8:31-32, 35-39.