

There is Therefore Now  
No Condemnation

ROMANS 8:1-12

## **MEMORY VERSE**

ROMANS 8:1

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

## **WHAT YOU WILL NEED:**

One chair for each child in your class, a folded piece of paper for each chair, markers, music, a happy face sign and a sad face sign.

Two bed sheets or table clothes, balloons, and a safety pin.

## **ATTENTION GRABBER!**

### **Going to Timbuktu**

Stand with your class at one side of the room and read the following poem:

As I was going to Timbuktu  
I discovered a rock within my shoe.  
As I sat and thought, "What can I do?"  
A man walked by like this (walk limping).

Ask your class to think of other funny ways to get to Timbuktu. Have them come one at a time to the teacher, each person must think of a new way to get there.

Explain that there are many ways to walk in this life. Romans 8:4 tells us to walk according to the Spirit. People who walk according to the flesh may think that that is strange, but we are to walk according to God's ways.

## LESSON TIME!

Have you ever done something wrong, even though you knew it was wrong, but you did it anyway? Or maybe you thought about doing something that you knew would be wrong, even if you didn't actually do it. Well, we all have either done or thought something wrong, God calls it sin. He knew that we would sin and that we couldn't keep His perfect law. God didn't just leave us in our sinful condition though; He provided His Son Jesus, and His Holy Spirit, who give us life and peace. We'll learn more about that today, as we read this letter from Paul to the church. **When we live in the Spirit we can say no to sin.**

### ROMANS 8:1-2

**There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.**

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

This chapter is a continuation of a letter that Paul is writing to the church in Rome. In this part of the letter Paul is describing the victory we can have over sin in our daily lives through Jesus Christ. Because we have asked Jesus into our hearts there is no condemnation (or punishment) for us. As we saw a couple of weeks ago, we are "justified" or declared to be righteous and receive God's grace and eternal life.

Paul now begins to tell the church in Rome about the benefits of the Holy Spirit in a believer's life. When we ask Jesus into our hearts, God gives us the Holy Spirit. He dwells with us and helps us. Paul says that sin produces death, but that the Spirit of God gives life and when we know Jesus we are set free from death. **When we live in the Spirit we can say no to sin.**

God loved us so much, that He provided a plan through His Son Jesus to save us. He sent Him in a human body like ours, but without sin, and He conquered sin for us by giving Himself as a sacrifice for our sins. He gave us a helper too, the Holy Spirit, who helps us daily.

### ROMANS 8:3-11

For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh,

that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.

For to be carnally minded is death, but to be spiritually minded is life and peace.

Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.

So then, those who are in the flesh cannot please God.

But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.

And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

Paul emphasizes that we have a sinful nature, and that God knew we could not obey the Old Testament law. Many people at that time thought they could get to heaven by obeying the law, but God knew that they couldn't keep the law and neither can we. So God sent His Son Jesus to bring us back to Him.

## Spirit or Flesh

You will need one chair for each child in your class, a folded piece of paper for each chair, markers, music, a happy face sign and a sad face sign.

Tape a piece of paper that has been folded in half on the back of each chair. Inside some of the papers write, "flesh," and inside some write "spirit." Make sure they cannot be seen unless that paper is lifted. Have kids walk around while music plays. When the music stops, each child must find a chair. Then each child will look at the sign on his chair. Have the "spirit" group stand and hold up the happy face sign. Have the "flesh" group stand and hold up the sad face sign.

Romans 8:8 tells us we cannot please God in our flesh. Explain that really pleasing God is not a guessing game.

Paul talks about the difference between living by God's Spirit and living in sin. When we live in sin, our mind is set on what our sinful nature desires. The unbeliever cares only for his sinful interests and has no regard for God. The reason Paul compares the sinful nature to death is because it is hostile towards God and not submitted to His will. But the exact opposite is true for those who are controlled by God's Holy Spirit. Their minds are set on the

things of God. **When we live in the Spirit we can say no to sin.**

### **ROMANS 8:12**

**Therefore, brethren, we are debtors--not to the flesh, to live according to the flesh.**

Paul is now explaining to the believers that they have a responsibility. It is a positive one, to live each day in the control and power of God's Spirit. Each Christian should refuse to follow after sinful desires. When we follow after our own sinful desires we are not able to enjoy a spiritual life; that is why Paul is stressing the importance of being controlled by God's Spirit because the Spirit of God gives life and peace.

God wants us to enjoy a full and spiritual life with Him, but that can't happen when we follow after sin, that is why He says we have to be controlled by His Spirit every day, not just sometimes, but all the time. We have been brought back to God by the precious sacrifice Jesus made to cleanse us from sin. We need to live our lives according to His design. We have been accepted by Him, so **When we live in the Spirit we can say no to sin.**

We can also think about why we as Christians want to serve the Lord. The Bible tells us that when we ask Jesus into our hearts that we are no longer slaves to sin. We don't have to do sinful things any more. But we serve Jesus because we love Him and are thankful for what He has done for us.

Sometimes people think that they have to do good things to please God or make Him like them. That isn't true at all. God loves all of us and when we come to Him through His Son Jesus He will always accept us. So because we are forgiven and not condemned at all we desire to give our entire lives to Him and to His service.

What a wonderful promise we have of eternal life through Jesus Christ! Let's show the Lord our appreciation by living our lives to the fullest – for Him!

## **No Condemnation**

You will need two bed sheets or table clothes, balloons and a safety pin. Blow up several balloons before class.

Divide the class in half and give each team a sheet or tablecloth. Give each team the same amount of balloons. They must put a balloon in the center of the cloth and start throwing it up by raising and lowering the cloth. The cloth represents Christ. If the balloon falls on the floor, it is not in Christ and is condemned to be popped. The teacher pops balloons as they fall on the floor. No hands can be used and the team with the most balloons left after a certain length of time wins.

Explain that Romans 8:1 tells us there is no condemnation for those who are in Christ Jesus. Be sure to emphasize that Jesus promised us that nothing could ever pluck us from His hand, but we experience condemnation when we walk outside of His protective will.

## **PRAYER**

Lead the children in a prayer of thanksgiving for God's great mercy. If there are any children who have not yet responded to the gospel, give them opportunity to do so.