

## THE SPIRIT IN US

Romans 8

### Awareness

Before listening, reflect:

- How would you explain what it means to be “in Christ”?
- Does anything have the ability to separate us from the love of God? Why or why not?

In Romans 8, Paul shares a comforting and valuable teaching for all Christians. Because of Jesus Christ, we are no longer condemned! Because the Spirit is within us, making us God’s children, we can trust that God will work all things together for our good. To truly believe that “nothing can separate us from the love of God” (v. 35) we must trust that Christ’s death and resurrection have justified us and made us “more than conquerors” (vs. 37).

**Listen:** [\*The Spirit in Us\*](#)

### Reflection

After listening, consider:

- If we receive Christ’s righteousness as though it were our own, what obligation do we have to Christ in how we live?
- At the end of segment 1, host Scott Hoezee highlights how having the Spirit of God in us makes us children of the Abba or Father God. Not only that, but our relationship with him can be intimate and close. Is this how you would describe your spiritual relationship with the Father? Why or why not?
- Throughout segment 2, host Darrell Delaney describes different ways we try to deal with the idea of suffering. He talks about a “pole vault theology” that jumps over suffering and just focuses on heaven. He also talks about an approach of looking through or “past the pain” to see a larger reality—like a mother who has just given birth. What are the strengths and dangers of both of these ways of addressing suffering?
- Have you ever felt unable to pray because the suffering you were experiencing or praying about was too heavy? What does it mean to you to know that, even in these situations, the Spirit within you keeps groaning in prayer on your behalf?
- At the end of segment 3, Scott and Darrell discuss how we are “more than conquerors.” What does that mean? What do we have victory over? What does that look like in your life?

### Related Passages

- **Romans 7:21-24**
- **Colossians 1**

- **John 1**
- **Joel 2:28-29**
- **Ephesians 1:3-14**
- **Galatians 5:16-25**

## **Conclusion**

Set aside some time to reflect on your life. What are some of the things that have separated you from God and his love? Perhaps it was experiences of suffering or hardship, condemnation from others, doubt or sickness, or your own rebellion. What did you learn about God through those experiences? Why do you still believe and trust in him?

Throughout your reflection, as many times as you feel necessary, and when you conclude, repeat this short prayer: "Nothing can separate me from your love, God. Thank you."

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<https://groundworkonline.com/episodes/the-spirit-in-us>

*Printed on July 3, 2024*