

# ROMANS

FROM BROKEN TO BELONGING

**NOE GARCIA**

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# ABOUT THE AUTHOR

Noe Garcia began his spiritual journey at age 18 and surrendered fully to God's will for his life. He became the Senior Pastor at North Phoenix in 2016. Noe is a passionate preacher who loves challenging and encouraging people with God's Word.

Pastor Noe holds a Doctor of Ministry in Executive Leadership from Southern Baptist Theological Seminary, Masters of Divinity from Golden Gate Baptist Theological Seminary and a Bachelors of Kinesiology with a minor in Religion from East Texas Baptist University.

In addition to being a Senior Pastor, Noe also serves as an Adjunct Professor for Gateway Seminary, Board of Trustees member for Union University, an Ethics and Religious Liberty Commission Leadership Council member, and a member of the Evangelism Young Leaders Committees North American Mission Board.

# HOW TO USE THIS STUDY

*Romans 8: From Brokenness to Belonging* provides a guided process for individuals and small groups to walk through the eighth chapter of Romans. This Bible study book includes eight sessions of content, each divided into two major sections: “Group Study” and “Personal Study.” A leader guide is also provided to prepare those who are leading groups through this journey.

## GROUP STUDY

Regardless of the day of the week your group meets, each week of content begins with a group session. This group session is designed to last sixty minutes, with approximately ten minutes dedicated to video teaching and another forty-five minutes to group discussion and prayer. Meeting even longer than sixty minutes will allow more time for participants to interact with one another.

Each group study uses the following format to facilitate simple yet meaningful interaction among group members, with God’s Word, and with the video teaching.

### **START**

This section includes questions to get the conversation started, a review of the previous week’s study to reinforce the content, and an introduction to the new content for the current week.

### **WATCH**

This section provides space for taking notes as participants watch the video. Codes to access the teaching videos included with your purchase of this book can be found on the insert located at the back of this book.

## **DISCUSS**

This section includes discussion questions that guide the group to respond to the video teaching and to relevant Bible passages. This section includes plenty of space to take notes during the group session

# **PERSONAL STUDY**

In addition to the group study, each session includes three personal study sections to further explore and reinforce the biblical teaching from the group time. Each personal study features the following three sections.

## **READ**

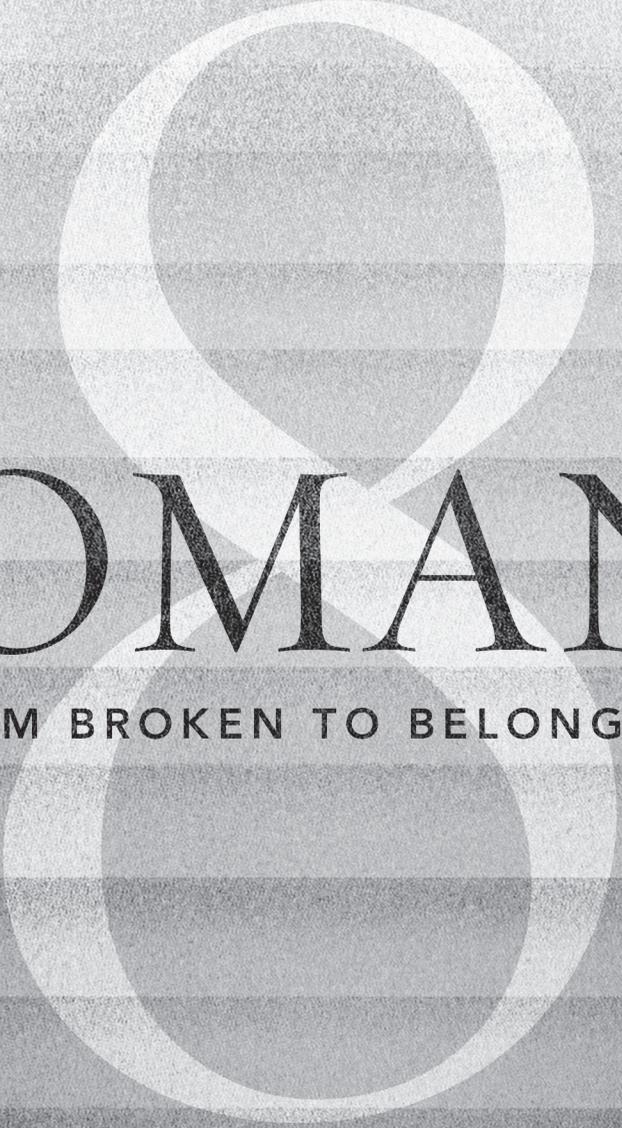
This section expands the teaching on the text of Scripture explored in the group study through practical Bible study activities, commentary, and reflective questions. The read section leads individuals to understanding and further discovery.

## **REFLECT**

This section guides participants to reflect upon, digest, and apply the biblical truths covered in the week's session. This short section covers two pages and gives participants time and space to adjust their hearts and minds in response to God's Word.

## **REHEARSE**

One of the best ways to apply God's Word to our lives is to hide it in our hearts. The rehearse section guides participants to memorize Romans 8:31-39 over the course of the 8-session study. Each rehearse section includes practical memorization tips as well as space to write out the verses each week. Additionally, Scripture memory cards are located in the back of the study.



# ROMANS

FROM BROKEN TO BELONGING



SESSION 1

# Shame

# GROUP STUDY

## Start

*Welcome everyone to session 1.*

**What is a movie or show you would watch over and over again without getting tired of it?**

Many scholars and pastors have called Romans 8 the greatest chapter in all the Bible. At first this may seem like a bold claim or even heretical—after all, the whole Bible is equally inspired by the Spirit of God, right? What they mean is that Romans 8 is filled with so many essential truths that it merits deep study and repeated reflection. So over the next 8 sessions, we're going to dig into Romans 8 a few verses at a time. Together, we'll see why generations of Christians have returned to this chapter again and again.

**What are your hopes for studying during these next 8 weeks?**

*To prepare for video session 1, pray that God will help each person understand and apply this truth:*

Jesus frees us from sin and condemnation.



To access the teaching sessions, use the instructions in the back of your Bible study book.

# Watch

*Use the space below to take notes while  
you watch video session 1.*

## Discuss

*Use the following questions to guide your discussion of the video.*

Begin by reading Romans 8:1-4 together.

1. Romans 8:1 offers extraordinary hope to ordinary sinners. How is this verse challenging, encouraging, or convicting to you?
2. In this session, Noe described the shame he used to deal with as paralyzing. Shame can be more than a feeling. What are some ways shame can affect us mentally, physically, and emotionally?
3. Noe also said, "Shame has you running when no one is chasing or hiding, when no one is looking." How does shame harm our relationship with God and other people?
4. Read Psalm 32:3-5. What happened to David when he kept his sin to himself? What happened when he confessed? How does God respond to our sin differently than we do?
5. What has been your experience when you've tried to cover or hide your sin from God or other people? Why are our attempts to run and hide from sin never helpful?

6. How does acknowledging and confessing our sin empty shame of its power? What keeps us from confessing our sins to one another? What are we afraid will happen if we're honest about our shame and struggles?
  
7. We have a God who wants to cover our sins and embrace us. How does the gospel give us all the power to come out from hiding?
  
8. What are ways we can encourage one another to become free from shame and embrace the richness and power of the gospel?

*Remind group members to complete this session's personal study, then close your time together in prayer thanking God for freeing us from shame and condemnation.*

# READ

Romans 8 is a trinitarian passage. From the beginning of the chapter we see all three persons of the Trinity—God the Father, God the Son, and God the Holy Spirit—working together to bring life and freedom to the Christian.

**As you read the following verses, circle every reference to God, Jesus, and the Holy Spirit. List the actions of each in the space below.**

*<sup>1</sup> There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup> For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. <sup>3</sup> For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, <sup>4</sup> in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.*

**ROMANS 8:1-4**

**God the Father:**

**God the Son:**

**God the Holy Spirit:**

**Summarize the main point of these verses in your own words.**

The incredible truth at the center of these verses and the center of the gospel itself is that there is no condemnation for those who have placed their faith in Jesus. Father, Son, and Spirit have worked together to ensure that anyone who comes to Jesus can be forever free from the penalty of sin. In Christ, we are free. The Father ordered it, the Son fulfilled it, and the Spirit confirms it.

**What does it mean to be condemned? When do you feel condemned?**

**Why is it so easy for us to feel condemned even though we know Christ has redeemed us from our sins?**

The word *condemnation* is a legal term. We go before the judge. The judge bangs his gavel and gives us the sentence. But for the believer, God has looked at our resumé of sins—all the times we've broken His law—and just as He's about to judge us, Jesus steps in and says, "No, I'll take their punishment. If they will believe in me, I will take their life sentence for them." Instead of a life sentence apart from God, we've been given life and freedom with God. Because of Christ's sacrifice, the Holy Spirit has taken residency in us, which has freed us from the eternal consequences of sin. Not because we've done anything, but because of what Jesus has done for us. Yet despite all of this, some of us live as though we're still condemned.

**When has your sin left you feeling guilt-ridden, trapped, or ashamed? How did you respond to those feelings?**

Despite the freedom we've received in Christ, we often feel trapped. We are burdened by worry and the weight of our sins. When we cling to the burden, we lose sight of the freedom God gives us through Christ. We believe what shame says about us more than what God says about us. It's a cycle that's hard to defeat. The great news is that even in our weakness and failure to believe, God has still forgiven us and washed us. Our lack of believing in our own forgiveness doesn't make us any less forgiven.

**Look back over Romans 8:1-4 and identify what God done to free us from condemnation?**

**Verse 1**

**Verse 2**

**Verse 3**

**Verse 4**

**Based on the promises you identified, how should you respond the next time you feel condemned by your sin and guilt?**

You don't have to beat yourself up for the things you did five days ago, or five minutes ago. Remember the benefits of being in Christ. You're not condemned (v. 1), you're set free (v. 2), God's righteousness is given to you in Christ (v. 3), and you now have the power to walk in freedom through the Spirit of God (v. 4). Your sin is not your identity, the work of Christ is! You have been given the power to deny your flesh and walk in the Spirit.

**What confidence should it give you to know that God has done everything necessary for you to live free from shame and condemnation?**

Many Christians have been set free but live as if they are still accused and condemned. If you are a person who is shame and guilt-ridden, let me encourage you. Let it go! Leave the cuffs in the courtroom. You are no longer tied to your crime, and you do not have to pay the time. No condemnation means no more carrying the punishment and consequences that breed shame!

*Thank God for the freedom He's given you in Christ.  
Lay aside your shame and embrace His forgiveness.*

# REFLECT

If you find yourself wrestling with shame over sin, the Scriptures provide a pathway to experiencing the condemnation-free life Romans 8 speaks about.

*If we confess our sins, he is faithful and just to forgive us  
our sins and to cleanse us from all unrighteousness.*

1 JOHN 1:9

Instead of allowing your sin to drive you to shame, acknowledge it, confess it, and be forgiven! Acknowledge the very thing that is producing that shame. Get a journal and confess it to the Lord. He can handle whatever you have to bring to Him. And if makes it any easier for you, He already knows about it. I promise you, there is freedom and rest on the other side of this.

**Where do you feel condemned? Acknowledge those areas.**

**What sins do you need to confess?**

**What has God done to free you from those sins? How will you accept and embrace His forgiveness?**

In addition to writing and confessing these areas to God, I would also encourage you to find a trusted friend.

**Who is a trusted friend you can share these things with?**

# REHEARSE

One of the best ways to rehearse God's truths in our lives is to memorize Scripture. Over these 8 sessions, we will memorize the last 9 verses of Romans 8.

*What then shall we say to these things?  
If God is for us, who can be against us?*

ROMANS 8:31

Start by reading this verse slowly ten times (yes, ten times). Next, use the space provided to write it out several times. Try to read over this verse a few times a day to build your memory.

*A Scripture memory card for this verse can be found on p. 139.*

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# Who can separate us from the love of Christ?

Absolutely no one and nothing. We learn this profound truth (and many others) in Romans 8, which many scholars believe is the greatest chapter of the Bible.



Although this incredible chapter offers amazing promises to all who walk according to the Spirit, the challenge lies in the fact that we are still in fleshly bodies. Even as Christians we experience dark moments in life that can cause us to be disillusioned, anxious, and depressed. But there is purpose in our pain and suffering. Using the assurances found in Romans 8, we can move forward confidently in the truth of who God is and hold fast to the hope-filled reality that "the sufferings of this present time are not worth comparing with the glory that is to be revealed to us." - Romans 8:18 (ESV)

- Learn to walk as a victor, not a victim.
- Discover peace by knowing God as Father.
- Understand that nothing can separate you from the love of Christ.
- Gain new spiritual confidence through understanding who you belong to.
- Realize that all things work together for the good of those who love God.



## ADDITIONAL RESOURCES

### VIDEO CONTENT

Streamable session videos featuring Noe Garcia are included with the purchase price of this book. Look for your access code on the attached insert.

### ROMANS 8 eBook

The eBook includes the content of this printed book but offers the convenience and flexibility that come with mobile technology.

**eBook**  
005819226 \$19.99

More resources can be found online at [lifeway.com/romans8](http://lifeway.com/romans8)

*Price and availability subject to change without notice.*