



# Condemnation

Adapted from “Freedom from Condemnation” series by Brett Allen.

As Christian men, we tend to live with regret and remorse. Consequently, many of us end up disqualifying ourselves from the life that God has for us. For men who have accepted Christ as Savior, there is to be no hint of condemnation in life.

In her personal story, a New Jersey woman named Mary tells *The Forgiveness Project*:

My pregnancy with Michael was much more of a surprise than my first pregnancy with Stephen. When I received confirmation during the first trimester, I assumed I could stop daily alcohol use for the sake of this child the same way I had two years prior. Alcoholism had ambushed me in the meantime. I wrestled with relentless mental obsession, denial, and bouts of depression with suicidal thinking and

“Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible.”

planning. I knew from my physician’s training the potential for damage to the fetus from alcohol. This added to my shame, self-hatred, and extreme secrecy. My sanity seemed long gone in the losing battle to protect my baby from further alcohol induced damage; I was powerless to stop on my own and too terrified to get help.<sup>1</sup>

---

<sup>1</sup> “Mary’s Story of Addiction,” The Forgiveness Project, <http://theforgivenessproject.com/visitor/marys-story-of-addiction-2/> (accessed July 20, 2017).

## COURAGE Level Questions

**C1:** Describe a time when you said something like, “I can never forgive myself.”

**Exercise #1:** Read **Romans 8 (ESV)** and write out a simple outline of the themes, teachings, and info in the chapter.

**C2:** What are some of your takeaways from Romans 8?

**C3:** Have you ever felt condemned by someone? What did that condemnation feel like?

## **STRENGTH Level Questions**

**Exercise #1:** Read **Romans 8:1-39 (ESV)** and answer the following.

**S1:** How many times is the Holy Spirit referenced?

**S2:** What did this Bible passage teach you?

**Exercise #2:** The phrase “No Condemnation” appears three times in the New Testament. Read and answer the following.

**Romans 8:1 (ESV)**

**S3:** What does the concept of “No Condemnation” mean to you?

**Exercise #3:** In **Romans 8:1 (ESV)**, note that Paul begins with the word, *Therefore*, indicating he has just communicated a fact or truthful statement. Read and answer the following.

### **Romans 7:14–25 (ESV)**

**S4:** From these verses, Paul uses present tense verbs to describe his struggles. Why do you think this is important? Describe a struggle you are going through.

**S5:** How does Paul's honesty about what is going on inside of him help you as you face your struggles?

## ENDURANCE Level Questions

**Exercise #1:** Paul reminds us that will power alone is not enough to keep us from sinning. Read and answer the following.

### Romans 7:14–17 (ESV)

**E1:** From these verses, what does Paul conclude?

**E2:** What are some of the things you have tried to control or stop using just your own will power?

**E3:** How successful were you?

**Exercise #2:** Read and answer the following.

**Romans 7:18–20 (ESV)**

**E4:** What is Paul describing in these verses?

**Exercise #3:** On a scale of 1-4 with 1 being *very well* and 4 being *not very well*, rate yourself on how well you exercise firm spiritual control over your physical flesh?

My rating:

Now, write out a plan to improve.

**Exercise #4:** There is a kind of war raging inside us. Read and answer the following.

## **Romans 7:21–23 (ESV)**

**E4:** From these verses, Paul indicates two laws at war inside each of us. What are they?

*Contrast the differences:*

**Law of Sin**

vs

**Law of Moses**

**E5:** Which law most dominates your life? Why?

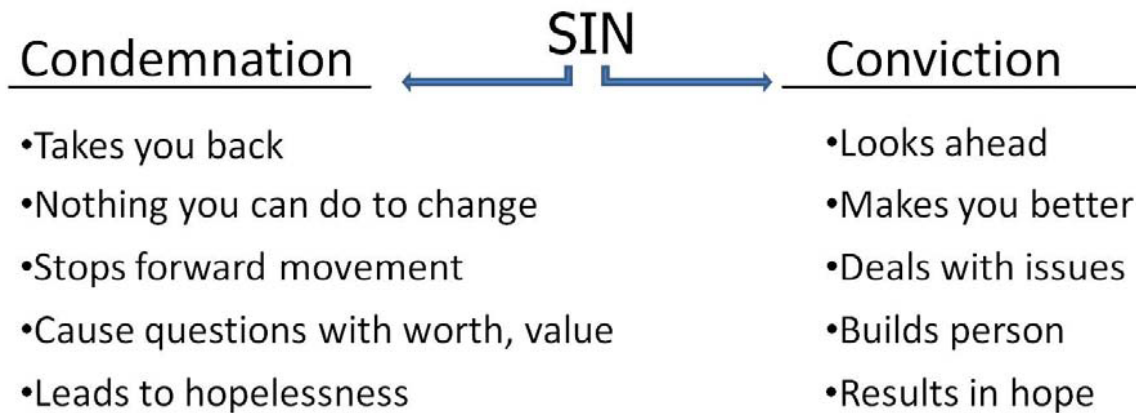
**Exercise #5:** Paul addresses the hope we have which frees us from condemnation. Read and answer the following.

**Romans 7:24–25 (ESV)**

**E6:** From these verses, what does Paul say results from deliverance from sin?

**Exercise #6:** Look at the chart below.

Romans 7:14-25



What are your thoughts about **condemnation** and **conviction**?