

Romans 8: No Condemnation

By Brett Hilliard, April 12, 2026

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending His own Son in the likeness of sinful flesh to be a sin offering. And so He condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

Romans 8:1-4

At dawn He appeared again in the temple courts, where all the people gathered around Him, and He sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, “Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do You say?” They were using this question as a trap, in order to have a basis for accusing Him.

But Jesus bent down and started to write on the ground with His finger. When they kept on questioning Him, He straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” Again He stooped down and wrote on the ground.

At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?” “No one, sir,” she said. “Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”

John 8:2-11

Your notes

REFLECTION QUESTIONS

1. What do you feel guilty about? How does this truth of Romans 8 help you in managing your guilt?
2. Is there anyone in your life that you can help to understand freedom in Christ? Is there anyone you need to actively forgive, as Christ has forgiven you?