

Romans 8: Liberated from Bondage

By Kevin Kusunoki, May 03, 2026

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed. For creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time.

Romans 8:18-22 NIV

Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

Romans 8:23-27 NIV

REFLECTION QUESTIONS

1. In what areas of your life are you clinging to a “false hope” that might not align with your current reality?
2. If the Spirit is interceding for you right now, what hidden burdens or desires might He be bringing before the Father that you haven't yet acknowledged yourself?