



## JUNE THEME



### Week One – Freedom from Condemnation

#### Monday ~ READ

READ Romans 8:1-4a in 4 different versions or paraphrases. Then, choose the one that you understand best.

\*www.Biblegateway.com is a great place to view varied translations and paraphrases of Scripture

#### Tuesday ~ COPY

COPY Romans 8:1-4a in your preferred translation or paraphrase, and then choose an additional version to copy.

#### Wednesday ~ PONDER

PONDER Romans 8:1-4a using the following prompts...

- Verse 1 begins with the word, *“Therefore”*... so ponder what is the word there for? To do so, look back at Romans 7:24-25a. Journal your thoughts.
- Verse 1 – Who does this freedom from condemnation apply to?
- Verse 2 speaks of the *“law of the Spirit of Life in Christ Jesus”* and the *“law of sin and death”*... ponder the differences.
- Verses 2-4a – Ponder the reason why we are free from condemnation. Journal your thoughts.
- Verses 1-4a – Even though this Truth of freedom is so clear, we can sometimes miss our freedom both personally and in the way we relate to others. Are there places in your life where you still struggle with feeling and thinking as if you are condemned? If so, what are they? And, are there others in your life who are also in Christ Jesus, toward whom you sometimes have condemning feelings or thoughts? If so, who are they? How do these verses speak into both of these dynamics, personally and relationally?

#### Thursday ~ PRAY

PRAY into the freedom that Romans 8:1-4a declares using the following prompts...

- PRAISE God for the work of freedom that He did for you in Christ Jesus.
- THANK God for freeing you from condemnation.
- ASK God to help you live in this freedom towards yourself and towards others.
- ASK God to help you to understand how much better it is to live in *“the Spirit of Life in Christ Jesus.”*

#### Friday ~ LISTEN

LISTEN to a message on Romans 8:1-4a on our YouTube Channel, *Established Footsteps Ministry*.

\*The video will be posted by Friday and the link will be sent to you via email.

#### Saturday ~ SHARE

SHARE Romans 8:1-4a on one of your social media pages. If you don't use social media, then share with a friend.