

Praying Romans 8

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(This week's reading: Romans 8)

Romans 8 (ESV)

1 There is therefore now no condemnation for those who are in Christ Jesus. **2** For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. **3** 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, **4** 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. **5** For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. **6** For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. **7** For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. **8** Those who are in the flesh cannot please God.

9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. **10** But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. **11** If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh. **13** For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. **14** For all who are led by the Spirit of God are sons of God. **15** For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" **16** The Spirit himself bears witness with our spirit that we are children of God, **17** and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. **19** For the creation waits with eager longing for the revealing of the sons of God. **20** For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope **21** that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. **22** For we know that the whole creation has been groaning together in the pains of childbirth until now. **23** And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. **24** For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? **25** But if we hope for what we do not see, we wait for it with patience.

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. **27** And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. **28** And we know that for those who love God all things work together for good, for those who are called according to his purpose. **29** For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. **30** And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

31 What then shall we say to these things? If God is for us, who can be against us? **32** He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? **33** Who shall bring any charge against God's elect? It is God who justifies. **34** Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. **35** Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? **36** As it is written,

“For your sake we are being killed all the day long;
we are regarded as sheep to be slaughtered.”

37 No, in all these things we are more than conquerors through him who loved us. **38** For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, **39** nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Adoration

Romans 8 proclaims powerful truths about God's character and his posture toward his people. “God is for us,” and not against us, as declared in verse 31. Lift your voice in adoration to God for his posture of blessing, unending support, and favor.

[Pray for 7 seconds.]

God is also described as a generous giver. In the words of verse 32, “He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?” Praise God in your own words for his character, as a provider and generous gift-giver.

[Pray for 7 seconds.]

God “did not spare his own Son but gave him up for us all” (Romans 8:32). Let that sink in. God the Father gave up his only Son for us. Give God words of worship and praise for the glorious gift of his Son, Jesus, and what this shows us about the character of our God.

[Pray for 7 seconds.]

Romans 8:33 says God justifies. He alone has the ability to truly make people righteous. Praise God out loud that he is just, that he is righteous, and that he justifies.

[Pray for 7 seconds.]

Our God is love. Romans 8 presents a display of God's love that is overwhelming, unrelenting, and glorious. In the words of verse 39, no one and no thing can ever "separate us from the love of God in Christ Jesus our Lord." Raise your voice and glorify God for the greatness of his steadfast love.

[Pray for 7 seconds.]

Confession

Not even sin and death can separate us from God's love anymore, because of the finished work of Jesus Christ. Romans 8 declares in verses 1 and 2, "There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death." Brothers and sisters in Christ, in what ways are we tempted to believe the lie that our sins leave us in condemnation before God today? Confess these feelings and doubts to God, and ask him to overwhelm us with the assurance and freedom that is ours—right now—in Jesus's name.

[Pray for 20 seconds.]

Hear, again, God's Word from Romans 8, verses 5–8, "... those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God."

We all stand in need of repentance before God. Confess out loud to God the sins of your flesh. Freely confess ways you have failed to submit to God's commands. As you repent, ask God to set your mind on the things of the Spirit and to give you a desire for the things that he desires.

[Pray for 20 seconds.]

Gracious Father, we rest in the fact that your Holy Spirit dwells with God's people. Thank you that we are no longer condemned and no longer enslaved to the desires of the flesh. We pray that you would allow us to walk in a manner worthy of the gospel today. Let us not walk in a way that leads to death, but let us walk in the way of life that your Spirit gives to us because of your righteousness. We believe that the same Spirit who raised Jesus from the dead dwells in us,

and we ask that you continue to give life to our mortal bodies by the power of your Holy Spirit dwelling in us.¹ Guide us, Holy Spirit, we pray.

Thanksgiving

Romans 8, verses 3 and 4, describe how “God has done what the law ... could not do.” Thank God out loud and in your own words, for “... sending his own Son in the likeness of flesh and for sin, ... in order that the righteous requirement of the law might be fulfilled in us”

[Pray for 10 seconds.]

Romans 8, verses 14–15 remind us of the status we have been given in Christ as God’s children, “For all who are led by the Spirit of God are sons [and daughters] of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” Thank God, with your own voice, that he has adopted us as his own.

[Pray for 10 seconds.]

Thank God that we are considered, according to Romans 8:17, “heirs of God and fellow heirs with Christ.” Let’s give God words of thanksgiving, that we can join with Christ in his sufferings and in his glorification.

[Pray for 10 seconds.]

Supplication

“... those who live according to the Spirit set their minds on the things of the Spirit” (Romans 8:5). Ask God to set our minds on the things of the Spirit today, in all that we think, say, and do.

[Pray for 7 seconds.]

Romans 8 describes our life on earth, dealing with the consequences of sin. One day, according to verse 21, “... creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God.” Until then, creation groans, and we—as God’s children—“groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies” (verse 23). Ask God to give us a holy longing for Christ’s return and that we would wait with both urgency and joy.

[Pray for 7 seconds.]

¹ Much of this paragraph adapted from Romans 8:9–11.

God helps us in our waiting, our groaning, and our weakness. According to Romans 8, verse 26 “we do not know what to pray for as we ought, [so] the Spirit himself intercedes for us” Ask the Holy Spirit of God, in your own words, to teach us to pray.

[Pray for 3 seconds.]

Even in this moment, listen for the voice of the Spirit. Ask him if there are any specific areas that he is inviting you to pray over right now. When something comes to mind, join the Spirit and pray in Jesus’s name!

[Pray for 7 seconds.]

We long for you, O Lord, and we wait for you. When we don’t know what to pray, give us hope, knowing that your Spirit “intercedes for us with groanings too deep for words.”² And no matter how dark our circumstances may be in this season, may we all “consider [with your Word] that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.” Keep our eyes fixed upon you and your glory, O Lord. And lead us by the power of your Holy Spirit to be ambassadors for Christ in our communities and to the ends of the earth, as you, O Lord, have reconciled the world to yourself in Christ and have entrusted to us the message of reconciliation in Jesus’s name.³

Benediction

As we move into the rest of our day and the days ahead, pray with me, that we would be faithful to the commands of Jesus our King from Matthew 28:18–20, who said,

“All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Fill us up, Lord, and send us out.

By your grace, allow us to bear great fruit in our faithfulness to your commands, for the sake of your name and your glory we pray.

AMEN.

² Rom 8:26.

³ 2 Cor 5:19–20.

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