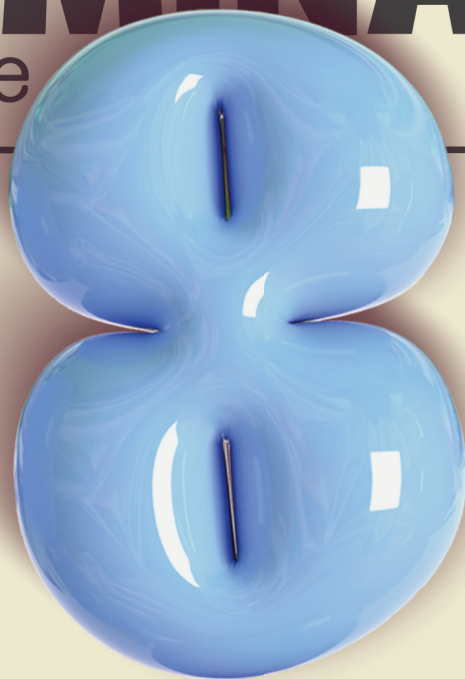


# RUMINATE

on the



Steep yourself in the 8th chapter of Romans! Over the course of the stations you'll read through the whole chapter as well as have opportunities for reflection and prayer, with scripture as your guide.

**GET MORE GREAT TOOLS TO RUMINATE ON THE  
EIGHT LIKE MEMORIZATION TOOLS, SCRIPTURE  
AUDIO AND MORE!**



# ROMANS

8:1-4

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

## REFLECT

**WHERE HAVE I BEEN SETTLING FOR BONDAGE INSTEAD OF THE BEAUTIFUL FREEDOM OFFERED BY CHRIST?**

**HAVE I BEEN ALLOWING GUILT AND SHAME TO CLOUD OUT WHO I TRULY AM IN CHRIST?**

**SPEND SOME TIME LETTING GO OF ANY CONDEMNATION YOU'RE HOLDING ON TO AND ANY HEAVY BURDEN OF SIN THAT NEEDS TO BE RELEASED.**

# ROMANS

## 8:5-11

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. That's why those who are still under the control of their sinful nature can never please God.

But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

### REFLECT

**HOW IS MY THOUGHT LIFE?**

**DO MY THOUGHTS LEAD TO LIFE AND PEACE OR DO THEY SPIRAL DOWN TO THE DEPTHS?**

**AM I MORE CONTROLLED BY MY FLESH OR BY THE SPIRIT?**

**DO I LIVE IN LIGHT OF THE FACT THAT CHRIST LIVES WITHIN ME?**

# ROMANS

## 8:12-17

Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. For all who are led by the Spirit of God are children of God.

So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

For his Spirit joins with our spirit to affirm that we are God's children.

And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory.

But if we are to share his glory, we must also share his suffering.

### REFLECT

**HAVE I BEEN LIVING AS IF I'M OBLIGATED TO DO WHATEVER MY FLESH WANTS?**

**DO I FEEL POWERLESS OVER MY DESIRES & URGES?**

**HAVE I BEEN TREATING GOD LIKE A HARSH MASTER TO BE FEARED OR LIKE A CARING FATHER TO BE LOVED?**

**HOW CAN I SEE MYSELF AS AN HEIR OF GOD'S GLORY TODAY?**



# ROMANS

## 8:18-25

Yet what we suffer now is nothing compared to the glory he will reveal to us later. For all creation is waiting eagerly for that future day when God will reveal who his children really are. Against its will, all creation was subjected to God's curse. But with eager hope, the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us. We were given this hope when we were saved. (If we already have something, we don't need to hope for it. But if we look forward to something we don't yet have, we must wait patiently and confidently.)

### REFLECT

**WHERE AM I SEEING EVIDENCE OF THE CURSE IN CREATION? IN MY COMMUNITY? IN MY OWN LIFE?**

**HOW AM I WAITING WITH EAGER HOPE? PATIENTLY AND CONFIDENTLY?**

**SPEND SOME TIME PRESENTING YOUR LONGINGS (AND EVEN YOUR GROANINGS) TO THE LORD. ALLOW HIM TO FILL YOU WITH HOPE AND THAT FORETASTE OF FUTURE GLORY.**

# ROMANS

## 8:26-30

And the Holy Spirit helps us in our weakness.

For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory.

### REFLECT

**WHERE HAVE I SEEN  
GOD WORK EVERYTHING  
FOR GOOD? ALLOW HIS  
FAITHFULNESS IN THE PAST  
TO FILL YOU WITH CONFIDENT  
HOPE FOR THE FUTURE.**

**AM I FEELING CHOSEN,  
CALLED, AND RIGHTEOUS  
TODAY?**

**HAVE I BEEN WALKING IN  
GOD'S GLORY OR MY OWN  
LATELY?**

# ROMANS

## 8:31-34

What shall we say about such wonderful things as these? If God is for us, who can ever be against us? Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.

### REFLECT

**SPEND A FEW MOMENTS  
REFLECTING ON THIS TRUTH:  
GOD IS FOR YOU.**

**HAVE I BEEN LISTENING TO THE  
ACCUSING AND CONDEMNING  
VOICES OF THE WORLD OVER  
GOD'S VOICE OF GRACE AND  
VICTORY?**

**DON'T MOVE ON FROM THIS  
STATION UNTIL YOU'VE  
FLIPPED THAT SCRIPT.**



# ROMANS

## 8:35-39

Can anything ever  
separate us from Christ's  
love? Does it mean he no

longer loves us if we have trouble or  
calamity, or are persecuted, or hungry,  
or destitute, or in danger, or threatened  
with death? (As the Scriptures say, "For  
your sake we are killed every day; we are  
being slaughtered like sheep." No, despite  
all these things, overwhelming victory is  
ours through Christ, who loved us.

And I am convinced that nothing can  
ever separate us from God's love.  
Neither death nor life, neither angels nor  
demons, neither our fears for today nor  
our worries about tomorrow—not even  
the powers of hell can separate us from  
God's love. No power in the sky above or  
in the earth below—indeed, nothing in all  
creation will ever be able to separate us  
from the love of God that is  
revealed in Christ  
Jesus our Lord.

### REFLECT

**HAVE I BELIEVED THE LIE  
THAT GOD'S LOVE IS FINITE OR  
CONDITIONAL?**

**WHAT HAVE I ALLOWED TO  
DRIVE A WEDGE BETWEEN  
MYSELF AND EXPERIENCING  
THE LOVE OF CHRIST IN ITS  
FULLNESS?**

**WHERE DO I NEED TO TRUST  
GOD FOR OVERWHELMING  
VICTORY?**

**SPEND AS MUCH TIME AS YOU  
NEED REFLECTING ON THE  
ALL-ENCOMPASSING, NEVER-  
ENDING, LOVE OF GOD FOUND  
IN CHRIST JESUS.**