

Romans 6-8 Summary

In Romans 6, Paul addresses a crucial misunderstanding of grace. Since salvation is by grace and not works, some might assume sin no longer matters—but Paul strongly rejects that idea. Those who have been united with Christ by faith have also been united with Him in His death and resurrection. This means believers are no longer slaves to sin; they have died to sin and are now called to live in obedience as instruments of righteousness. Grace does not give permission to sin—it gives power to live a new life.

In Romans 7, Paul explains the ongoing struggle believers experience with sin. The law itself is good, but it exposes sin rather than conquering it. Paul describes the inner conflict of wanting to do what is right while still battling sinful desires—a vivid picture of human weakness apart from God’s power. The chapter ends with a cry of desperation: deliverance does not come through self-effort or the law, but through Jesus Christ alone.

In Romans 8, Paul unfolds the triumphant life of those who are in Christ. There is now no condemnation for believers, because they live under the rule of the Spirit rather than the flesh. The Holy Spirit empowers obedience, assures believers of their adoption as God’s children, and sustains them in suffering. Even creation itself groans in anticipation of redemption. Paul concludes with one of the strongest declarations of hope in Scripture: God is working all things for the good of those who love Him, and nothing—neither suffering, sin, nor death—can separate believers from the love of God in Christ Jesus.

Discussion Questions

1. Romans 6 teaches that believers have died to sin and are no longer its slaves. What does it look like in everyday life to live from this new identity rather than continuing to live as though sin still has authority over us?
2. Paul rejects the idea that grace gives permission to sin. How can we distinguish between truly resting in grace and subtly using grace as an excuse for ongoing disobedience?
3. Romans 6 calls believers to actively present themselves as instruments of righteousness. What habits, choices, or relationships help shape us toward obedience—and which ones pull us back toward the old way of life?
4. In Romans 7, Paul describes an internal struggle with sin, even as someone who desires to obey God. How does this passage help us maintain humility and honesty about our ongoing battle with sin without falling into despair?

5. The law is described as good but powerless to bring freedom.

What modern “laws” or self-improvement strategies do people rely on today in hopes of personal transformation, and why do they ultimately fall short?

6. Paul emphasizes the role of the Holy Spirit in empowering obedience and assurance.

In what ways are we tempted to rely on self-effort rather than daily dependence on the Spirit?

7. Romans 8 presents suffering as part of the Christian life, yet not meaningless. How does the promise that God is working all things for good change the way we respond to hardship and uncertainty?

8. Believers are described as adopted children of God and co-heirs with Christ.

How does understanding our identity as God’s children shape our prayer life, confidence, and sense of belonging?

9. Paul concludes that nothing can separate believers from the love of God in Christ.

How does this assurance produce both comfort in suffering and courage in faithful obedience?