



# PAUL'S LIFE AND MINISTRY

Date: 08.03.25 | Paul's Letter to the Romans - Life in the Spirit  
Scripture: Romans 8:1-17

## LEVELS OF BIBLICAL LEARNING

### MIDDLE SCHOOL:

- God values all people and calls Christians to live on mission for the sake of reaching the lost with the gospel.
- God continues to work in the world, and people are invited to join Him in His work.
- We are to be involved in reaching the nations through prayer, giving resources, acting with love, and sharing the gospel.
- The church is a fellowship of believers, and we are called to meet together regularly.
- The church is not a place or a building, but rather a community of people who belong to the family of God.

### HIGH SCHOOL:

- God values all people---born and unborn, young and old, male and female, all ethnicities, those of opposing faiths---and calls Christians to live on mission for the sake of reaching the lost through prayer, giving resources, acting with love, and sharing the gospel.
- God continues to work in the world, and as we join Him in His work, He uses people to accomplish His eternal purposes.
- We demonstrate honor for God when we respect the earthly authorities God has placed in our lives.
- The church is a community of believers called to gather regularly to study Scripture, pray, worship, serve, encourage one another, and proclaim the gospel to the world.
- The church is called to train and equip its members for works of ministry.



### MEMORY VERSE

**For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes. - Romans 1:16a**

16 F l a n a o t g, f i i t p o G f s t e w b, - use this first letter memorization tool that aids in remembering text by using the first letter of each word as a cue.



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## INTRODUCTORY ACTIVITY

Intro Activity: “Who Are You Listening To?”

Purpose: Help teens consider the competing voices and influences in their lives — setting up Paul’s contrast between the “flesh” and the “Spirit.”

Instructions:

1. Say something like:

“Every day you’re being shaped by voices — whether it’s social media, friends, pressure, music, your own thoughts, or God’s truth. Some of those voices lead to freedom and peace... and some lead to stress, guilt, or fake living.”

2. Ask students to respond (out loud or with raised hands) to these short reflection questions:

- Who influences the way you think about yourself the most?
- What’s a message you hear all the time that feels true... but might not be?
- When you mess up, what’s the voice in your head saying?
- What do you think God’s voice says in those same moments?

3. After a few answers, summarize:

“Romans 8 says there’s no condemnation for those who are in Christ. That’s huge. But it also says we have the Spirit living in us — helping us reject the lies and live in truth. Let’s see what Paul means when he talks about life in the flesh versus life in the Spirit.”



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## BACKGROUND INFO FOR LEADERS

Paul's third missionary journey is recorded in [Acts 18:23-21:17](#) and took place around AD 52–57. During one of the stops on this journey—likely Corinth ([Acts 20:2-3](#))—Paul wrote a powerful letter to the believers in Rome ([Romans 1:7](#)).

The book of Romans is an epistle—a formal letter written to a group of believers or a church. Epistles are inspired writings from the apostles designed to instruct, encourage, and correct early Christians. Romans stands out as the longest and most theologically rich of all Paul's epistles. It serves as a kind of gospel manifesto and a logical follow-up to the book of Acts, which traces the spread of the gospel from Jerusalem to Rome, the capital of the Roman Empire.

Paul wrote Romans to prepare the way for a future visit. He laid out the foundational truths of salvation to a church that had not been directly taught by any of the apostles. A key issue addressed was the tension between Jewish and Gentile believers, particularly regarding the observance of dietary laws and sacred days. Jewish Christians, though saved, were often still devoted to these observances, while Gentile believers did not see them as necessary.

At the heart of Romans is the theme of the righteousness of God—how both Jew and Gentile can be made right with Him. This theme is introduced in [Romans 1:16-17](#) and developed throughout the letter. Paul teaches that righteousness comes through faith alone ([Romans 3:21-22](#)). He also explores related doctrines such as justification, sanctification, freedom from guilt, submission to authority, and eternal security.

Romans reads more like a theological essay than a personal letter. It systematically presents nearly every major doctrine of the Christian faith: sin, death, salvation, grace, faith, justification, sanctification, redemption, resurrection, glorification, God's wrath, and His will.

In [Romans 5-8](#), Paul builds a sweeping theological vision of the believer's security in Christ. These chapters move from the results of justification by faith ([Romans 5:1-11](#)), through the believer's union with Christ ([Romans 6](#)), the struggle with indwelling sin ([Romans 7](#)), and finally to life empowered by the Holy Spirit ([Romans 8](#)).

Paul begins [Romans 5](#) by declaring that those who have been justified by faith have peace with God ([Romans 5:1](#)). No longer enemies, believers have been reconciled through the death of Christ and now rejoice in the hope of the glory of God ([Romans 5:2](#)). He explains



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that while humanity was still weak and sinful, Christ died for the ungodly (*Romans 5:6–8*). Through one man's sin (Adam), death entered the world, but through one man's obedience (Christ), grace and righteousness abound to many (*Romans 5:12–21*).

*Romans 6* explores how the believer's union with Christ changes their relationship to sin. Because believers have died with Christ, they are no longer slaves to sin but alive to God in Christ Jesus (*Romans 6:6–11*). Paul exhorts his readers not to let sin reign in their bodies but to offer themselves to God as instruments of righteousness (*Romans 6:12–14*). Sin no longer has dominion because believers are under grace, not law.

In *Romans 7*, Paul acknowledges the continuing struggle against sin. He explains the role of the law: though holy and pleasing, the law exposes and arouses sin due to human weakness (*Romans 7:5–13*). Paul's vivid personal struggle shows how even those who delight in God's law wrestle with their sinful nature. "I do not do the good I want, but the evil I do not want is what I keep on doing" (*Romans 7:19*). This inner conflict reveals the power of sin and the believer's desperate need for deliverance. Paul cries out, "Who will deliver me from this body of death?" and answers, "Thanks be to God through Jesus Christ our Lord!" (*Romans 7:24–25*).

*Romans 8* opens with one of the most freeing declarations in Scripture: "There is therefore now no condemnation for those who are in Christ Jesus" (*Romans 8:1*). This means that no sin a believer commits—past, present, or future—can condemn them, because Christ has already paid the penalty and imputed His righteousness. This judicial declaration cannot be reversed. "No condemnation" is the opposite of judgment—it means full acquittal and justification. Paul explains that this freedom comes because the law of the Spirit of life has set believers free from the law of sin and death (*Romans 8:2*). What the law could not do—because of the weakness of the flesh—God did by sending His own Son to deal with sin once for all (*Romans 8:3–4*).

Believers now walk according to the Spirit, not the flesh (*Romans 8:4*). To walk in the Spirit means to live a life shaped by God's truth and empowered by His Spirit. Paul contrasts the mindset on the flesh (which leads to death) with the mindset on the Spirit (which leads to life and peace) (*Romans 8:5–6*). The person whose mind is governed by the flesh is hostile to God, cannot submit to His law, and cannot please Him (*Romans 8:7–8*). In contrast, those in whom the Spirit indwells belong to Christ and are spiritually alive (*Romans 8:9–10*). Although physical death still occurs, the Spirit assures believers of a future resurrection (*Romans 8:11*).

*Romans 8:12–17* highlights the believer's new identity. We are no longer debtors to the flesh



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but have been adopted into God's family. The Spirit leads us to put to death the deeds of the body ([Romans 8:13](#)). Sanctification is both God's work and our responsibility. We are commanded to act—to resist sin, fight temptation, and walk in obedience—yet it is the Spirit who empowers that action.

The Spirit also assures us of our adoption. “The Spirit himself bears witness with our spirit that we are children of God” ([Romans 8:16](#)). In Roman law, adoption required witnesses; likewise, the Holy Spirit confirms our adoption—not through mystical voices but through the fruit He produces in our lives ([Galatians 5:22-23](#)) and the power He gives us ([Acts 1:8](#)). Those adopted into God's family become heirs—co-heirs with Christ—and are called to share not only in His glory, but also in His sufferings ([Romans 8:17](#)).

Paul ends this section by pointing to the hope of future glory. “The sufferings of this present time are not worth comparing with the glory that is to be revealed to us” ([Romans 8:18](#)). This confident hope anchors the believer in every season of life. Just as Paul began [Romans 5](#) with hope in the glory of God, he closes [Romans 8](#) with the assurance that nothing can separate us from the love of God in Christ Jesus ([Romans 8:31-39](#)).



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## LOCATE THE SCRIPTURE & TELL THE STORY

Remind your group that we are studying the New Testament. Throughout the book of Acts, Paul traveled on missionary journeys, sharing the Gospel and helping to gather groups of new believers into the first churches. Throughout his travels, Paul also wrote letters to many of the believers he had introduced to Christ or began to disciple in their newfound faith. The book of Romans is one of the letters that Paul wrote to a group of new believers in Rome during his third missionary journey. Paul hoped to visit this group himself one day.



### TELL THE STORY - Acts 15:36-16:40

Paul wrote a letter to the Christians in Rome to help them understand how much God loves them and how they can live for Him. Paul taught that when we believe in Jesus, we no longer have to live under the power of sin. Instead, we can live by the power of the Holy Spirit. The Holy Spirit helps us say no to sin and yes to what pleases God.

Paul told the believers that there is no condemnation—no punishment — for people who trust in Jesus. That means God no longer sees us as guilty. Why? Because Jesus took the punishment for our sins. He died on the cross and came back to life, and now we can be free! The old law showed us we were sinners, but it couldn't save us. Jesus saved us. And now, His Spirit lives in us and helps us live in a new way—with peace and joy.

Paul explained that there are two ways we can live: by following our sinful selves or by following the Holy Spirit. If we follow the Spirit, we'll live in a way that honors God. Even though we will still struggle with sin at times, God gives us a new heart that desires to do what's right. The more we let the Spirit lead us, the more we show that we belong to God.

*Romans 8* is one of the most comforting parts of the Bible. Paul reminded the believers that nothing can separate us from God's love. Have you ever experienced something difficult, such as feeling left out, getting hurt, or losing someone? Paul said that even in hard times, we can know God still loves us. He is working everything out for our good, even when it's hard to understand.

Paul gave a powerful promise: "If God is for us, who can be against us?" (*Romans 8:31*). And at the end of the chapter, Paul said that nothing—no trouble, sadness, danger, or even death—can take away God's love from us. That's how strong His love is!



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So remember: If you belong to Jesus, the Holy Spirit is helping you every day. You are forgiven, loved, and never alone.



## RETELL THE STORY



## SHARE THE GOSPEL

Paul's message in Romans is clear and powerful, capturing the very essence of Christianity: true righteousness comes not from the Law, but through faith in Jesus Christ. Paul emphasizes this truth repeatedly, mentioning righteousness over sixty times in the letter. He declared that no one can achieve right standing with God by obeying the Law of Moses. Righteousness isn't earned by our efforts, but is given through faith in the finished work of Jesus on the cross.

All people are born under sin and stand guilty before a holy God. Paul wrote, "We are all under sin" (*Romans 3:9*), and to make his case, he quoted several Old Testament scriptures—*Psalms 14 and 53*, and *Ecclesiastes 7*—to drive home the point: "There is no one righteous, not even one; there is no one who understands; there is no one who seeks God" (*Romans 3:10–11*). This is what makes the gospel such good news. Since we can never be good enough or do enough good to earn salvation, God made a way through Jesus. Because Christ died for our sins and rose again, anyone who places their trust in Him is made right with God, not by works, but by grace through faith.

This promise is especially for those who recognize their deep need—the spiritually poor and broken-hearted who know they are sinners. These are the ones who receive the gift of salvation through faith in Christ.

And once we are His, nothing can separate us from His love. No event, failure, tragedy, or force—no person or circumstance—can stop God from loving us or from completing His saving work in our lives.



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## QUESTIONS TO REBUILD THE STORY

**Can we ever do enough good things to earn salvation? Why not?** No one can keep God's law perfectly, and no one can do enough good things to earn salvation. Jesus obeyed God perfectly for us and died on the cross for our sins.

**When God gives us new life in Jesus, does that mean we will never sin again? Why not?** Until Jesus returns, we will continue to fight against sin. Life in the Spirit means that sin no longer rules over us, and in Christ, we now have the power to turn away from sin and obey God.

**Paul begins *Romans 8* with some fantastic news! There is no condemnation for those who are in Christ Jesus. What does it mean that we no longer have condemnation?** It means that those who have trusted in Jesus no longer face the punishment sin deserves but instead have been found innocent. Jesus perfectly obeyed God's law and took our punishment for us when He died on the cross.

**Read *Romans 8:11*. Through what power can we fight temptation to sin?** Because of what Jesus has done for us, the Spirit not only gives us new life but also helps us fight against sin.

**What are the two ways of living that Paul wrote about in *Romans 8:13*?** We can either live by following our sinful desires or live by the Spirit. If we live by obeying our sinful desires, then we will die. If we live by the Spirit and fight against sin by obeying God's Word, we will live. Only Jesus can set us free from the law of sin and death.

**How do we walk by the Spirit?** *Romans 8:5* teaches us that we must have our minds set on the things of the Spirit so that we can walk by the Spirit. Understand that when we place faith in Jesus, the Spirit gives us new life and helps our minds love the things of God. Encourage kids to walk by the Spirit by confessing sin, relying on Him for truth, allowing Him to be their Helper, and obeying God's Word.



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**What does this story teach me about God or the gospel?**

**What does the story teach me about myself?**

**Are there any commands in this story to obey? How are they for God's glory and my good?**

**Are there any promises in this story to remember? How do they help me trust and love God?**

**How does this story help me live on mission?**



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## PRAYER PROMPTS

*God, thank you that we don't have to do enough good things or keep every rule to earn our salvation. Help us to remember that salvation is a great gift from You. Help us to live by the Spirit and honor You with our lives. Amen.*

## IF TIME ALLOWS:

Practice naming the 4 Gospels: Matthew, Mark, Luke and John. Remind the kids that these books are in the NT and tell of Jesus' time on earth. Practice finding these books in the Bible.

Practice naming some of the disciples. During Wednesday night Bible study childcare, the kids learned a hokey song to remember all of the disciples. Play it a couple of times with your group and have them try to sing along.

You can find the song [here](#).

## MISSIONS EMPHASIS:

For July and August, our Creek Kids will be collecting money in the funnel for Sleep in Heavenly Peace. We will have a family mission opportunity in August, where our families can both register and attend a bed build with Sleep in Heavenly Peace. Additionally, they can shop and purchase needed items from a wishlist for this organization. More information about this special project will come soon.

## REVIEW UNIT VERSE:

Continue to use the Memory Verse Handout for fun ideas for practicing the memory verse for this unit.

[Check out this Seeds Kids song](#), Not Ashamed: Romans 1:16-17 to help memorize this verse.



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## ATTRIBUTES OF GOD

**ATTENTIVE** - God hears and responds to the needs of his children.

**COMPASSIONATE** - God cares for his children and acts on their behalf.

**CREATOR** - God made everything. He is uncreated.

**DELIVERER** - God rescues and saves his children.

**ETERNAL** - God is not limited by time. He exists outside of time.

**FAITHFUL** - God always keeps his promises.

**GENEROUS** - God gives what is best and beyond what is deserved.

**GLORIOUS** - God displays His greatness and worth.

**GOOD** - God is what is best and gives what is best. He is incapable of doing harm.

**HOLY** - God is perfect, pure, and without sin.

**IMMUTABLE/UNCHANGING** - God never changes. He is the same yesterday, today, and tomorrow.

**INCOMPREHENSIBLE** - God is beyond our understanding. We can comprehend Him in part but not in whole.

**INFINITE** - God has not limits in His person or on His power.

**JEALOUS** - God will not share his glory with another. all glory rightfully belongs to him.

**JUST** - God is fair in all his actions and judgements. He cannot over-punish or under-punish.

**LOVING** - God feels and displays infinite, unconditional affection toward his children. His love for them does not depend on their worth, response, or merit.

**MERCIFUL** - God does not give his children the punishment they deserve.

**OMNIPOTENT/ALMIGHTY** - God holds all power. nothing is too hard for God. What He wills He can accomplish.



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## ATTRIBUTES OF GOD

OMNIPRESENT - God is fully present everywhere.

OMNISCIENT - God knows everything, past, present, and future - all potential and real outcomes, all things micro and macro.

PATIENT/LONG-SUFFERING - God is untiring and bears with His children.

PROVIDER - God meets the needs of his children.

REFUGE - God is a place of safety and protection for his children.

RIGHTEOUS - God is always good and right.

SELF-EXISTENT - God depends on nothing and no one to give him life or existence.

SELF-SUFFICIENT - God is not vulnerable. He has no needs.

SOVEREIGN - God does everything according to His plan and pleasure.

TRANSCENDENT - God is not like humans. He is infinitely higher in being and action.

TRUTHFUL - Whatever God speaks or does is truth and reality.

WISE - God knows what is best and acts accordingly. He cannot choose wrongly.

WORTHY - God deserves all glory and honor and praise.

WRATHFUL - God hates all unrighteousness.



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## Application Questions

LOOK UPWARD



- How does this story apply to your relationship with God?
- What does it teach you about Him- His will and His heart?
- What aspect of His character is He inviting you to experience and enjoy?
- How will you benefit by applying the truths of this story in your relationship with God?
- What practical steps can you take to live out these truths in your relationship with God?

LOOK INWARD



- How does this story apply to your heart and your own spiritual growth?
- What does it teach you about yourself, your needs, or your goals in life?
- In what aspects of your personal life is God inviting you to grow and mature?
- How will you benefit by applying the truths of this story inwardly?
- How will those around you benefit?
- What practical steps can you take to allow these truths to help you grow spiritually?

LOOK AROUND



- How does this story apply to your relationship with others?
- What does it teach you about how to see others and relate to them?
- What is god inviting you to do differently in your relationships?



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## Application Questions

LOOK OUTWARD



- How does this story apply to your ministry and mission in life- to your role in God's kingdom, in society, and in the world?
- What does it teach you about God's purposes for the world?
- What part of His mission is He inviting you to participate in?
- How will you benefit by applying the truths of this story in your ministry?
- How will the world benefit?
- What practical steps can you take to live out these truths in the world?

LOOK FORWARD



- How does this story apply to your future, both in this age and in eternity?
- What does it teach you about God's plan for your life, now and forever?
- What aspects of eternity is God inviting you to participate in?
- How will you benefit in the future by applying these truths now?
- How will God's kingdom benefit?
- What practical steps can you take to impact eternity now with these truths?