

MIND SET

Living Without Condemnation Talk-it-Over Notes | June 6-7, 2026

REVIEW IT

Every Christian should explore the profound truth that there is "no condemnation for those who are in Christ Jesus." There is an ongoing struggle between the old and new natures within every believer, emphasizing that even though Christians are capable of sin, God no longer holds them liable or estranged due to Christ's atoning sacrifice. Instead of shame, fear, or self-condemnation, believers are called to live in the assurance of God's acceptance and love.

The Bible does distinguish between condemnation and consequences: while sin carries natural consequences—affecting body, emotions, and spirit—it does not break the believer's relationship with God, though it can disrupt fellowship, diminish spiritual effectiveness, and result in the loss of heavenly rewards. God's response to a Christian's sin is loving discipline, not punitive condemnation, with discipline intended to correct and promote growth, not to repay past wrongs.

So, what should we do when we sin? We should remember Christ's payment for sin, confessing honestly, and accept God's forgiveness without self-condemnation. The overall call is to embrace God's grace, live confidently in His love, and respond to sin with repentance and restored fellowship.

Spend some time in the word: Read Romans 8:1-4 & Hebrews 12:5-13

TALK ABOUT IT

1. Romans 8:1 says there is "no condemnation for those who are in Christ Jesus." In practical terms, what does it look like to live daily with this assurance? What obstacles make it difficult to embrace this truth?
2. There is a distinction between condemnation and consequences for sin. How does understanding this difference affect the way you relate to God when you struggle with sin?
3. God's response to a believer's sin is loving discipline rather than punitive condemnation. How can you recognize God's discipline in your life, and how should you respond to it?
4. What else stood out to you from this message?

ACT ON IT

This week, when you become aware of sin or failure in your life, immediately remind yourself that Christ has already paid for your sin and you are not condemned. Confess honestly to God, accept His forgiveness, and consciously refuse to dwell on guilt or shame. Instead, move forward in renewed fellowship and confidence in God's love for you.

PRAY ABOUT IT

Take time to ask how you can pray for and support one another in prayer. Then, close in prayer.