

## **Sunday 19th July 2020**

**Prayer:** Dear Heavenly Father,

We thank you that through you we do not have to be discouraged or suffer from fear. You are our protector and comforter and everything is in your hands, so thank you dear Lord.

Amen.

**Song:** Choose your own Worship Song.

**Psalm Readings:** Psalm 86:11-17; Psalm 119:129-136

**Song:** WOW CD Disc 1— Track 14— Here Is Love — Matt Redman

**Bible Reading:** Romans 8:18-39

### **Reflection:**

**Freedom from Discouragement – No Frustration (8:18-30), and Freedom from Fear – No Separation (8:31-39).**

Last week we looked at President Franklin D. Roosevelt's Four Freedom speech and how Romans 8 is the Christian version of the four essential freedoms. Last week we covered the spiritual freedoms of Freedom from Judgment – No Condemnation (8:1-4), Freedom from Defeat – No Obligation (8:5-17). This week we will cover the remaining two spiritual freedoms: freedom from discouragement and fear.

The freedom of discouragement—no frustration can be seen in Romans 8:18-30. In this passage, Paul writes about the very real problem of suffering and pain. He discusses this through the use of the three 'groans': creation groans (18-22); we believers groan (23-25); and the Holy Spirit groans (25-30).

With creation, we know from Genesis 1:31 that when God finished creating everything, that it was good, however through Adam and Eve's sin, suffering, death and pain entered the world, causing creation to groan from their tribulations. However, we also know that we have the promise, as stated in Romans 8:21 that "creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God."

It is also from Adam and Eve's sin that we the believers, also groan. As we are also facing the same pains and sufferings. However, we know that through Jesus' death and resurrection that we find hope, "for in this hope we were saved." We have hope for a better and brighter future with Christ.

When the Holy Spirit groans, it is God showing his concern about the trials we are facing. In fact it can be seen in Mark 7:34 and John 11:33, where Jesus actually groans when he saw what sin was doing to mankind. When groaning, the Holy Spirit is also praying for us, so that we might be lead into the will of God. This is why we don't need to be discouraged as the Holy Spirit is there to guide us and we have the promise of eternal life in Heaven.

The last of the four spiritual freedoms is from freedom from fear – no Separation (8:31-39). As we discovered last week, we have freedom in no condemnation and freedom in no obligation, and we know from this week that we also have a freedom in no discouragement, which thus means that we are free from fear.

Through our relationship with Christ, we are secure. Romans 8:35 asks the question: “Who (what?) shall separate us from the love of Christ?” The answer is simple; nothing. God sent his son to die for us so that we would be freed from sin. He sent his Holy Spirit to us, so that it could intercede for us and guide us. We are truly and whole loved by God, so much so that he adopted us into his family and kingdom. There is nothing that can separate us from God, thus there is nothing that we should fear for as God is for us and with us.

**Questions:** Are you secure in your relationship with Christ?

Do you truly believe that nothing can separate you from Christ?

**Song:** WOW CD Disc 2 — Track 11— Grace Greater Than Our Sin — Building 429

**Prayer:** Dear Heavenly Father, you are an amazing God, whose love knows no bounds. Thank you for freeing us from our sins by sending your son and for providing us your Holy Spirit to intercede and guide us. Thank you that we do not have to be in fear or be discouraged as you are with us. Amen.

**For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 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.**

**Rom. 8:38-39**