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Romans 8 Paraphrased



By Dan Maines

Romans 8 Paraphrased

Introduction

† This chapter shows the full release from the old covenant system into life in the Spirit

† Paul is explaining the end of condemnation tied to the law and the beginning of covenant freedom

† Everything here is present reality for them, not something pushed into our future

Romans 8:1

There is now no condemnation for those who are in Christ Jesus

† The law brought condemnation, but that system has now ended (Romans 3:19)

† This is present tense, showing that freedom from judgment had already come

† The guilt tied to the law is no longer held against those in Christ

Romans 8:2

Because the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death

† The law of Moses is contrasted with the Spirit, one brought death, the other life (Romans 7:10)

† Freedom here is covenantal, they were being released from the old system

† This is not about physical death, but the system that produced sin and separation

Romans 8:3

What the law could not do because it was weak through human flesh, God did by sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh

† The law could expose sin but never remove it (Hebrews 10:4)

† Christ did what the law could never accomplish, He ended sin's authority

† Condemning sin in the flesh means the system that empowered sin was judged

Romans 8:4

So that the requirement of the law would be fulfilled in us who do not walk according to the flesh but according to the Spirit

† The law is fulfilled, not continued, Christ completed it (Matthew 5:17)

† Walking by the Spirit means living under the new covenant

† The requirement is satisfied, not something we strive to

complete

Romans 8:5

Those who live according to the flesh set their minds on the things of the flesh, but those according to the Spirit set their minds on the things of the Spirit

† Flesh here points to the old covenant system, not just human behavior (Galatians 4:23)

† Spirit points to the new covenant life in Christ

† This is a contrast between two covenants, not two personality types

Romans 8:6

The mind set on the flesh is death, but the mind set on the Spirit is life and peace

† The old system produced death because it could not give life (2 Corinthians 3:7)

† The Spirit brings life because Christ fulfilled the law

† Peace replaces the burden of the law

Romans 8:7

The mind set on the flesh is hostile toward God, because it does not submit to God's law, for it is not even able to do so

† The law exposed sin but gave no power to overcome it (Romans 7:18)

† The system itself created hostility because it demanded what could not be fulfilled

† This shows the weakness of the old covenant

Romans 8:8

Those who are in the flesh cannot please God

† Under the law, no one could fully please God because perfection was required (James 2:10)

† This is why the old system had to end

† Pleasing God now comes through Christ, not law keeping

Romans 8:9

However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you

† Paul tells them clearly they had already moved out of the old system

† This is not future language, it is already accomplished

† The Spirit dwelling in them marks the new covenant reality

Romans 8:10

If Christ is in you, though the body is dead because of sin, yet the Spirit is life because of righteousness

† The body tied to the old covenant was considered dead (Romans 7:4)

† Life now comes through righteousness given in Christ

† This is covenant life, not physical resurrection language

Romans 8:11

If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ will also give life to your mortal bodies through His Spirit who dwells in you

† This is not talking about future graves opening, it is about giving life to those still under the old system

† Mortal bodies represent their current state under the law

† The Spirit was bringing them into covenant life

Romans 8:12

So then, brothers, we are under obligation, not to the flesh, to live according to the flesh

† They were no longer obligated to the law (Romans 7:6)

† The burden of the old covenant had been removed

† Their obligation is now to the Spirit

Romans 8:13

If you live according to the flesh you are going to die, but if by the Spirit you are putting to death the deeds of the body, you will live

† Living under the law leads to death because it condemns

† Putting to death the deeds of the body means leaving the old system behind

† Life comes through the Spirit, not law keeping

Romans 8:14

For all who are being led by the Spirit of God, these are sons of God

† Sonship is tied to the new covenant, not ethnic Israel (Galatians 3:26)

† Being led by the Spirit marks true belonging

† This shows the shift from physical to spiritual identity

Romans 8:15

You have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, Abba Father

† The law was a system of slavery and fear (Galatians 4:24)

† Adoption shows the new relationship through Christ

† This is a completed transition from bondage to sonship

Romans 8:16

The Spirit Himself testifies with our spirit that we are children of God

† The Spirit confirms their new identity

† This replaces the external system of the law

† Their assurance comes from within, not from rituals

Romans 8:17

If children, then heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him

† Inheritance is tied to covenant fulfillment (Galatians 3:29)

† Suffering refers to the transition period they were in

† Glory is the completed new covenant state

Romans 8:18

The sufferings of this present time are not worthy to be

compared with the glory that is about to be revealed to us

† Their suffering was temporary during the passing of the old system

† The glory was about to be revealed in their lifetime

† This points directly to the fulfillment nearing AD 70

Romans 8:19

The creation waits eagerly for the revealing of the sons of God

† Creation here refers to the covenant world, not the physical planet (Hebrews 9:10)

† It was waiting for the full transition to the new covenant

† The revealing is the completion of sonship

Romans 8:20

Creation was subjected to futility, not willingly, but because of Him who subjected it, in hope

† The old covenant system was temporary and incomplete

† It was subjected to futility because it could not bring perfection (Hebrews 7:19)

† Hope pointed to its coming end

Romans 8:21

Creation itself will be set free from its slavery to corruption into the freedom of the glory of the children of God

† The corruption is the failing old covenant system

† Freedom is the establishment of the new covenant

† This is not about the physical earth being changed

Romans 8:22

We know that the whole creation groans and suffers the pains of childbirth together until now

† The groaning describes the transition period between covenants

† Birth pains point to something new about to be revealed

† This was happening in their present time

Romans 8:23

Not only this, but also we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body

† The redemption of the body is covenantal, not physical (Hebrews 9:15)

† They were waiting for full transition out of the old system

† Adoption here is the completed status, not the beginning

Romans 8:24

In hope we have been saved, but hope that is seen is not hope, for who hopes for what he already sees

† Their salvation was in the process of being revealed

† Hope pointed to something about to be fulfilled

† This was not distant future, but near expectation

Romans 8:25

If we hope for what we do not see, with perseverance we wait eagerly for it

† They were waiting for the visible end of the old covenant

† Perseverance was needed during that transition

† Fulfillment was close at hand

Romans 8:26

In the same way the Spirit also helps our weakness, for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words

† The Spirit was guiding them through a confusing transition period

† Their weakness came from living between two covenants

† The Spirit interceded in that process

Romans 8:27

He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God

† God understands the work of the Spirit within them

- † Intercession is tied to bringing them into fulfillment
- † This is about alignment with God's covenant plan

Romans 8:28

We know that God causes all things to work together for good to those who love God, to those who are called according to His purpose

- † All things includes the transition from old to new covenant
- † Even suffering was working toward fulfillment
- † God's purpose was being completed in their time

Romans 8:29

Those whom He foreknew, He also predestined to become conformed to the image of His Son

- † Predestination is about covenant identity, not individual fate (Ephesians 1:5)
- † Being conformed to Christ means entering the new covenant life
- † This was God's plan from the beginning

Romans 8:30

These whom He predestined, He also called, and these whom He called, He also justified, and these whom He justified, He also glorified

- † This is a completed chain, showing fulfillment
- † Glorified is spoken as already done
- † This confirms the present reality of their transformation

Romans 8:31

What then shall we say to these things, if God is for us, who is against us

- † God being for them shows the certainty of fulfillment
- † Opposition could not stop what God had completed
- † This is confidence in the new covenant

Romans 8:32

He who did not spare His own Son, but delivered Him over for

us all, how will He not also with Him freely give us all things
† The giving of Christ guarantees the completion of all promises
† All things refers to covenant blessings
† Nothing needed for fulfillment would be withheld

Romans 8:33

Who will bring a charge against God's elect, God is the one who justifies

- † Under the law, charges were constant
- † In Christ, justification removes all accusation
- † This shows the end of condemnation

Romans 8:34

Who is the one who condemns, Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us

- † Christ's work removed all condemnation
- † His resurrection confirms victory over the old system
- † Intercession shows ongoing covenant assurance

Romans 8:35

Who will separate us from the love of Christ, will tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword

- † These were real pressures they were facing
- † None of these could undo what Christ had done
- † The new covenant cannot be broken

Romans 8:36

Just as it is written, for Your sake we are being put to death all day long, we were considered as sheep to be slaughtered

- † This reflects the persecution they endured
- † Their suffering was part of the transition period
- † It was not a sign of failure, but fulfillment

Romans 8:37

In all these things we overwhelmingly conquer through Him who

loved us

† Victory is already theirs through Christ

† They conquer not by escaping suffering but through it

† This confirms their secure position

Romans 8:38

I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers

† Nothing in creation or authority could separate them

† This includes both present struggles and future fears

† Their security is absolute

Romans 8:39

Nor height, nor depth, nor any other created thing will be able to separate us from the love of God which is in Christ Jesus our Lord

† This is the final assurance of covenant security

† Nothing can undo what Christ fulfilled

† The new covenant stands forever

Historical References

† Josephus describes the intense suffering leading up to the destruction of Jerusalem, confirming the tribulation context

† Eusebius records the transition period and how believers saw these events as fulfillment

† Irenaeus speaks of the completed work of Christ bringing believers into full inheritance

† Clement of Alexandria describes the shift from law to spiritual understanding in Christ

How It Applies To Us Today

† We are not under condemnation, that system has already ended

† We are not waiting for fulfillment, we are living in it

† Our identity is not tied to law, but to life in the Spirit

† Nothing can separate us from what Christ has already

accomplished

Q & A Appendix

Q What does no condemnation mean?

A It means the law that condemned has ended and we are justified in Christ (Romans 3:19)

Q Is Romans 8 talking about physical resurrection?

A No, it is about covenant life and transition from the old system (Hebrews 9:15)

Q What is creation in this chapter?

A It refers to the covenant world, not the physical earth (Hebrews 9:10)

Q What is the redemption of the body?

A It is the full release from the old covenant system into the new (Romans 7:4)

Q When was this fulfilled?

A It was fulfilled in the first century with the end of the old covenant system in AD 70 (Hebrews 8:13)

† This is the fulfilled perspective we proclaim at Fulfilled Prophecies †

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Source Index

† Romans 8

† Josephus

† Irenaeus, Against Heresies

† Eusebius, Ecclesiastical History

† Clement of Alexandria, Stromata

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