



Christ Redeemer Church

Grace. Truth. Community.

The Hope of the Gospel:
The New Testament Letter to the Romans

Part 2: Chapters 4-8

Sermon Series Study Guide

Spring 2026

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INTRODUCTION

*For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, "The righteous shall live by faith."
~Romans 1:16-17 (ESV)*

Starting this winter, we will begin a long trek through one of the most important books of the Bible. It's perhaps a bit strange to say, "most important books of the Bible", since *all* the books of the Bible are important. However, an argument can easily be made that no book has been so central to the life and renewal of the church as Paul's letter to the Romans.

It is not surprising that Romans is positioned first among the New Testament letters instructing the churches, for it is the longest and most thorough of the Apostle Paul's. Most commentators deem it his "magnum opus", for it lays out, systematically, the logic and comprehensive nature of the gospel.

The early church father John Chrysostom (c.347-407), one of the most eloquent expositors in all church history, was so taken by the book that he had read to him twice a week, feasting on it freshly and continually. William Tyndale (c.1494-1536), the father of the English Bible, wrote of Romans that it "is the principal and most excellent part of the New Testament. It is the light and way into the whole Scripture. No man can read it too often or study too well."

Martin Luther (1483-1546) begins his commentary on Romans with these words: "This epistle is really the chief part of the New Testament and the very purest gospel and is worthy not only that every Christian should know it word for word by heart, but occupy himself with it every day as the daily bread of the soul. It can never be read or pondered too much."

As you can see, we are in good company in pondering this book together. Likewise, since Romans is a systematic treatment of the faith, there's no better time to invite your friends to church. At our cultural moment, many are hungering for the very truth Romans presents.

How to Use the Study and Prayer Guide

Each week of the guide is keyed to the sermon for that upcoming Sunday. Since the guide is used not only by Christ Redeemer in Hanover but also Christ Restoration in New London and The Quechee Church, you'll need to check with your congregation to confirm the dates that apply for you. For example, CRC Hanover's first sermon is on January 25th. Thus, "Week One" for those that attend there begins the week of January 19th.

The Scripture passage listed under each heading is a suggested memory verse. Below that you will find a Scripture reference, followed by "*Reflection Instructions*." We estimate that each day's "lesson" should require no more than 10 minutes.

The point is to work through the Scripture passage prior to hearing the sermon. This will allow each of us some familiarity with the passage, as we begin to consider the implications of God's Word for your life. We hope this will facilitate our growth in the grace and knowledge of Christ, and so, lead us to greater growth in our love for Him and one another.

Finally, I would like to express my gratitude to the pastoral and administrative staff of our Hanover, New London, and Quechee congregations who have collaborated to craft this study guide for the benefit of our congregations...and beyond.

Don Willeman
January 2026
Hanover, NH

Romans 4:1-25

“Now to the one who works, his wage is not credited as a favor, but as what is due. But to the one who does not work, but believes in Him who justifies the ungodly, his faith is credited as righteousness.”

~Romans 4:4-5 (ESV)

DAY 1:

Scripture Reading: Romans 4:25

Reflection Questions: Read the passage and pray for understanding.

- What are 1-2 highlights from yesterday’s sermon on Romans 4:25 and one way you’d like to live differently as a result.

Prayer:

- Ask God for wisdom and strength to live out the change you listed above.

DAY 2:

Scripture Reading: Romans 4:1-8

Reflection Questions: Read the passage and pray for understanding.

- Which two Old Testament figures does Paul put forward as examples of justification by grace through faith?

- Explain how each of these illustrates this truth. It may be helpful to look at Genesis 15 and Psalm 32:1-7.

Prayer:

- Pray that God would show you how the benefit of being justified by grace through faith as opposed to your own efforts or performance.

DAY 3:

Scripture Reading: Romans 4:9-12

Reflection Questions: Read the passage and pray for understanding.

- What is the significance that Abraham was “counted” righteous before he was circumcised, as opposed to after?

- How might that translate to us today?

Prayer:

- Spend some time praying for specific people in your neighborhood and workplace that they would grow in the knowledge of Christ.

DAY 4:

Scripture Reading: Romans 4:13-25

Reflection Questions: Read the passage and pray for understanding.

- What did Abraham believe about God? Consider particularly 4:16-18.

- Why did this depend on totally on God’s grace (not what Abraham was able to do), and therefore faith (all Abraham could do was trust God)?

- How might that translate to us today? Compare/contrast 4:19 and 4:21-24.

Prayer:

- Spend some time praying for our time of worship this upcoming Sunday. Pray for specific people who will be there and for people you could possibly invite.

Romans 5:1-11

*“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.
~Romans 5:1 (ESV)*

DAY 1:

Scripture Reading: Romans 1:14-17

Reflection Questions: Read the passage and pray for understanding.

- What are 1-2 highlights from yesterday’s sermon, and one way you’d like to live differently as a result?

Prayer:

- Ask God for wisdom and strength to live out the change you listed above.

DAY 2:

Scripture Reading: Romans 5:1-5

Reflection Questions: Read the passage and pray for understanding.

- What does Paul mean by having “peace with God” in 5:1?
- In 5:2-5, Paul seems to suggest being in a state of peace with God brings us into a process of transformation into God’s glory. According to what Paul writes here, what ought we to expect to encounter in this process?
- Which of these do you think is most difficult for you to grasp and live into?

Prayer:

- Pray that God would grow you in the process.

DAY 3:

Scripture Reading: Romans 5:6-11

Reflection Questions: Read the passage and pray for understanding.

- According to Romans 5:6-8, what do we contribute to our salvation? What does God contribute?

- What is the tenor of Paul's attitude in Romans 5:9-11? Why does it appear he feels that way?

Prayer:

- Spend some time praying for specific people in your neighborhood and workplace that they would come to know the grace detailed in this passage.

Romans 5:12-21

"If by the one man's trespass, death reigned through that one man, how much more will those who receive the overflow of grace and the gift of righteousness reign in life through the one man, Jesus Christ." ~

Romans 5:17 (CSB)

DAY 1:

Scripture Reading: Romans 12-14

Reflection Questions: Read the passage and pray for understanding.

- In your own words, how is Paul describing the origin story and ongoing story of sin and death here?

- In what way might Adam have been a "type" or "pattern" of Jesus (v.14)?

Prayer:

- Spend some time giving thanks for the ways you've seen Jesus breaking into your life and the lives of those around you.

DAY 2:

Scripture Reading: Romans 5:15-17

Reflection Questions: Read the passage and pray for understanding.

- As detailed in this section, make a list of all the things that came to humanity through Adam. Then make a list of all of the things that came to humanity through Jesus.

- What is the relationship between the "grace" of God and the "gift" of God that is repeatedly mentioned in this passage?

Prayer:

- Spend some time giving thanks to God for the intervention of His grace in your life and the world.

DAY 3:

Scripture Reading: Romans 5:18-21

Reflection Questions: Read the passage and pray for understanding.

- In your own words, try to describe the full import of v. 18.

- How should this reality impact our daily lives?

Prayer:

- Ask God to empower you to live in the ways that you described above.

Romans 6:1-11

“What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it?” ~ Romans 6:1-2 (ESV)

DAY 1:

Scripture Reading: Romans 6:1-4

Reflection Questions: Read the passage and pray for understanding.

- How should God’s grace most ideally operate in our lives?
- What might it mean for us to “walk in the newness of life?”

Prayer:

- Ask God to teach you His grace in such a way that it would increasingly cause you to walk in the ways and life that He intends for you.

DAY 2:

Scripture Reading: Romans 6:5-7

Reflection Questions: Read the passage and pray for understanding

- In what ways do you still feel captive to your “old self” (v. 6)?
- How is it that we can still struggle with sin and yet be described as being “free from sin” (v. 7)?

Prayer:

- Ask God to empower you to grow more and more into the “new self” that He has secured for you. Pray for one brother or sister that you know in the same way.

DAY 3:

Scripture Reading: Romans 6:8-11

Reflection Questions: Read the passage and pray for understanding.

- List 3 ways that you could “consider yourselves dead to sin and alive to God in Christ Jesus.”

Prayer:

- Take some time to give thanks to God for making you alive to Jesus.

Romans 6:12-23

*"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."
~Romans 6:23 (ESV)*

DAY 1:

Scripture Reading: Romans 6:12-14

Reflection Questions: Read the passage and pray for understanding.

- What is one area in which you will seek to consider yourself dead to sin and alive to Jesus Christ?

Prayer:

- Ask God to enable you to live as Christ in this area, and to provide all that you need to do so.

DAY 2:

Scripture Reading: Romans 6:15-19

Reflection Questions: Read the passage and pray for understanding.

- What does Paul tell us will be the consequence of living as slaves of sin?

- What will happen if you live as a slave to righteousness?

Prayer:

- Pray for the wisdom to see and to love the righteousness of God, and to see where you must flee from sin.

DAY 3:

Scripture Reading: Romans 6:20-23

Reflection Questions: Read the passage and pray for understanding.

- What benefits are promised by sin? What will sin actually deliver?

- What does God promise in the gospel? What will that deliver?

Prayer:

- Spend some time praying for your family, friends, and neighbors who do not know the grace of God and the gospel of Jesus Christ.

Romans 7:1-13

“Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God.”

~Romans 7:4 (ESV)

DAY 1:

Scripture Reading: Romans 7:1-3

Reflection Questions: Read the passage and pray for understanding.

- What are one or two ways in which God called you to repent in the service yesterday? How do you need to trust in Him in the coming week?

Prayer:

- Confess your sins to God, and thank Him for the grace that He provides for us in Christ.

DAY 2:

Scripture Reading: Romans 7:4-6

Reflection Questions: Read the passage and pray for understanding.

- What does it mean to die to the law through the body of Christ?

- How does this death set us free from sin?

Prayer:

- Pray that God would strengthen your love for Him and for His church by the Holy Spirit.

DAY 3:

Scripture Reading: Romans 7:7-13

Reflection Questions: Read the passage and pray for understanding.

- How does the law help sinners?

- What does sin do with the law? What is the result?

Prayer:

- Pray that God would reveal any sinful action or attitude that has taken hold in your life this week. Confess these sins and ask the Spirit to restore and strengthen you.

Romans 7:14-25

“For we know that the law is spiritual, but I am of the flesh, sold under sin. For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.”

~Romans 7:14-15 (ESV)

DAY 1:

Scripture Reading: Romans 7:14-18

Reflection Questions: Read the passage and pray for understanding.

- Rewrite in your own words what Paul is saying in Romans 14-18

- Paul says “for I do not understand what I want, but I do the very thing I hate.” Reflect on where this tension may be true in your life.

Prayer:

- “Lord, I confess that I often feel the desire to do what is right but the inability to carry it out on my own. Teach me to be honest about my need, and to depend fully on Your grace to transform what I cannot change.”

DAY 2:

Scripture Reading: Romans 7:18-20

Reflection Questions: Read the passage and pray for understanding.

- In your own words, rewrite what Paul is saying in 18-20

- Paul says how “nothing good dwells in me,” and he says he has the “desires to do what is right,” though. What does this say about us as people?

Prayer:

- Pray for your heart to be receptive to Christ’s free gift of grace, where there is now no condemnation for those who are in Christ.

DAY 3:

Scripture Reading: Romans 7:21-25

Reflection Questions: Read the passage and pray for understanding.

- What does this passage reveal about your need for help outside of yourself?

- How does recognizing your need for deliverance shape your understanding of grace and dependence on Christ?

Prayer:

- “Lord Jesus, in the midst of my struggle between what I want to do and what I actually do, remind me that my hope is not in myself but in You, and lead me to depend fully on Your grace for deliverance and transformation.”

Romans 8:1-17

"There is therefore now no condemnation for those who are in Christ Jesus." ~Romans 8:1

DAY 1:

Scripture Reading: Romans 8:1-4

Reflection Questions: Read the passage and pray for understanding.

- What does it mean for you personally that there is "no condemnation" in Christ?

- Where are you still tempted to live as if you are condemned rather than set free?

Prayer:

- "Lord, help me to live in the freedom of no condemnation and trust fully in what YOU have done for me."

DAY 2:

Scripture Reading: Romans 8:5-11

Reflection Questions: Read the passage and pray for understanding.

- What patterns in your life reflect a mindset on the flesh rather than the Spirit?

- How can you intentionally set your mind on the things of the Spirit this week?

Prayer:

- "Holy Spirit, redirect my thoughts and desires so that my life reflects Your presence and leads to life and peace."

DAY 3:

Scripture Reading: Romans 8:12-17

Reflection Questions: Read the passage and pray for understanding.

- How does seeing yourself as a child of God change the way you relate to Him?

- What fears or doubts make it hard for you to trust God as a loving Father?

Prayer:

- "Father, remind me that I belong to You, and help me to live with confidence, trust, and joy as Your child."

Romans 8:18-27

“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God.”

~Romans 8:18-19 (ESV)

DAY 1:

Scripture Reading: Romans 8:18-23

Reflection Questions: Read the passage and pray for understanding.

- What are 1-2 highlights from yesterday’s sermon on Romans 8:18–27 and one way you’d like to live differently in response?

- What do you think Paul means by “groaning” in this passage? What might it look like for us to groan alongside the rest of creation (8:23)?

Prayer:

- Acknowledge the hardships and sufferings you witness and experience in your life, in the lives of those around you, and in our world. Invite the Lord into these situations.

DAY 2:

Scripture Reading: Romans 8:24-25

Reflection Questions: Read the passage and pray for understanding.

- What are your greatest hopes?

- What do you think it means when Paul says “hope that is seen is not hope” (8:24)? What might it look like to “hope for what we do not see” and “wait for it with patience” (8:25)?

Prayer:

- Acknowledge the hopes that you hold close and ask the Lord to direct your gaze towards the glorious hope that Paul discusses in Romans 8.

DAY 3:

Scripture Reading: Romans 8:26-27

Reflection Questions: Read the passage and pray for understanding.

- How do you normally decide what to pray for?

- What do you think it means that the “Spirit himself intercedes for us with groanings too deep for words.” (8:27)?

Prayer:

- “Lord, I do not know what to pray for as I ought. Thank you that your Spirit intercedes for us with groanings too deep for words. Take my prayers and use them for the furthering of your Kingdom.”

Romans 8:28-39

“What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?”

~Romans 8:31-32 (ESV)

DAY 1:

Scripture Reading: Romans 8:28-39

Reflection Questions: Read the passage and pray for understanding.

- What are 1-2 highlights from yesterday’s sermon on Romans 8:28-39 and one way you’d like to live differently in response?
- Is there a time in your life when you witnessed God working troubles or hardships for your good? What happened, and how did God work it for your good?

Prayer:

- “Lord, I trust that you are working all things together for the good of those who love you. Thank you for your sovereignty and wisdom. Help me to trust in your purposes and plan.”

DAY 2:

Scripture Reading: Romans 8:28-30

Reflection Questions: Read the passage and pray for understanding.

- Paul states that Christians are “to be conformed to the image of Jesus” (8:29). In what areas of your life have you seen yourself become more like Jesus? In what areas of your life would you like to grow?

Prayer:

- “Thank you, Jesus, for setting the example for how to live. I want to be more like you. Help me to imitate you more this week.”

DAY 3:

Scripture Reading: Romans 8:31-39

Reflection Questions: Read the passage and pray for understanding.

- What do you perceive to be the greatest threats to your faith?

Prayer:

- “Lord, thank you that there is nothing that can separate me from your love. Let my life reflect that wonderful security and confidence.”

