

# No Condemnation

*Scripture: Romans 8:1*

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## **INTRO**

The good I would, I do not!  
Oh God — who, who will deliver me?

## **VERSE 1**

Lord, the good I want to do, I do not do it, no;  
and the evil I would never — somehow that's the way I go.  
There's a law at work within me dragging down the very best,  
and I'm tired of my own trying, Lord — there is no rest.

## **PRE-CHORUS**

O wretched son that I am — who, who will set me free?  
From the body of this death, my God... who will deliver me?

## **CHORUS**

Thanks be to God — through Jesus Christ, my Lord!  
There is now NO condemnation for the ones in Him, restored;  
the Spirit of life in Jesus set me free —  
not by me, not by me... You alone delivered me!  
No condemnation — lifted, loved, and free —  
thanks be to God, my God, who reached and ransomed me!

## **VERSE 2**

So when I stumble, when I fall — Lord, I will not stay down,  
for a righteous man may fall seven times and rise to stand his ground.  
Though I sit in the dark, my God, You will be my light,  
and the work that You began in me, You'll finish — You make it right.

## **COUPLET**

And if I sin, I have a Friend who pleads before the throne —  
Jesus Christ the righteous One; I'm never, ever on my own.

## **BRIDGE**

I can't deliver me — but oh, my God, You can;  
You broke the law of sin and death, I'm holding to Your hand.  
So put to death in me what I could never slay,

*No Condemnation (cont'd)*

and walk me by Your Spirit, Lord — lead me all the way.  
Not condemned, not condemned — the verdict has been turned;  
the cross has paid in full the debt I never could have earned.

## **FINAL CHORUS**

Thanks be to God — through Jesus Christ, my Lord!  
There is now NO condemnation — sing it, every chord!  
The Spirit of life in Jesus set me free —  
not by me, not by me... You alone delivered me!  
No condemnation — risen, loved, and free —  
thanks be to God, my God, who reached and ransomed me!

## **OUTRO**

No condemnation! No condemnation!  
Risen, loved, and free — no condemnation, none at all!

**Bible verse · Little lesson**

# No Condemnation

*"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."*

— Romans 8:1 (KJV)

**LITTLE LESSON FOR LITTLE HEARTS**

In Romans 7, Paul says out loud what every honest heart knows: "the good that I would I do not... O wretched man that I am! who shall deliver me?" (Romans 7:19, 24). It is the war within — wanting to do right and failing, tired of our own trying. But he does not leave us there. In the very next breath comes the best news in the world: "Thanks be to God through Jesus Christ our Lord" (Romans 7:25), "There is therefore now no condemnation to them which are in Christ Jesus" (Romans 8:1). We could never keep the law or beat sin ourselves — so Jesus did it for us, and "blotted out... the handwriting of ordinances that was against us... nailing it to his cross" (Colossians 2:14). When we belong to Him, the verdict is already turned: not guilty, not condemned, loved and free. And even when we stumble, "a just man falleth seven times, and riseth up again" (Proverbs 24:16), and we have a Friend who pleads for us before the throne (1 John 2:1). So we stop trusting ourselves and start walking by His Spirit (Galatians 5:16, 25) — not by me, but by Him who reached down and ransomed me.