
Love That Overcomes Shame (From Condemnation to Confidence)

Love That Overcomes

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September 27, 2026

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Sermon: Love That Overcomes: Love That Overcomes Shame (From Condemnation to Confidence)

Lesson Text

Romans 8:1–2 (KJV)¹ *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. ² For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Introduction

This new series, “Love That Overcomes,” is based on the end of Romans 8 in the 35th verse where Paul asks and answers this question “Who shall separate us from the love of Christ?”

Last week we learned that “Fear” would not separate us, but today we go back to the beginning of this chapter to learn that “Shame” will not separate us from the Love of God.

Next week we will deal with something that I’ve personally struggled with—and as a pastor—constantly deal with, and that is “Rejection.” But today let’s overcome this enemy of shame!

How many of you have ever done something that you later regretted? A bad choice, an emotional decision, an ill-informed judgement that set you back or disqualified you.

When the enemy can’t stop you with fear, he moves on to Shame. Shame is one of the most powerful weapons the enemy uses against believers because shame doesn’t just attack what you have done; shame attacks who you believe you are.

Guilt says, “I did something wrong.” But Shame says, “There is something wrong with me.”

Guilt can lead us to repentance, but shame tries to keep us trapped in condemnation. A failure, mistake, sin, or painful experience uses shame to imprison behind the walls of condemnation.

But Romans 8 opens with one of the most liberating declarations in all of Scripture: “There is therefore now no condemnation to them which are in Christ Jesus.”

The word “therefore” points backward. Paul has just described the struggle of a believer in Romans 7. He admits that there is a battle between what he desires to do and what he sometimes actually does. He finally cries out, “O wretched man that I am! who shall deliver me from the body of this death?”

Our lesson text answers the question: It’s not willpower. It is not pretending the struggle never happened. And it’s not punishing yourself. The answer is Jesus!

Paul gives us three powerful truths in these first two verses that show us how God's love moves us from condemnation to confidence.

Series and Sermon: Love That Overcomes: Love That Overcomes Shame (From Condemnation to Confidence)

(Your Verdict Has Changed, Your Position Has Changed, Your Freedom Has Changed)

I. Condemnation Is Cancelled (Your Verdict Has Changed)

Romans 8:1–2 (KJV)¹ **There is therefore now no condemnation** to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

Because I am in Christ, my past may describe where I have been, but it no longer determines where I stand.

Paul begins with an extraordinary declaration: “There is therefore now no condemnation...”

Condemnation is courtroom language. It speaks of a guilty verdict and the judgment that follows it.

And Paul does not say there is less condemnation. He does not say condemnation has been postponed. He does not say you have to work hard enough until condemnation disappears.

He says there is no condemnation. Why? Because Jesus has already taken the condemnation that belonged to us.

Isaiah 53:5 — “But he was wounded for our transgressions, he was bruised for our iniquities...”

At Calvary, Jesus didn't deny our guilt. He paid for it.

That means the cross doesn't say your sin didn't matter. The cross says your sin mattered so much that Jesus died for it—and God's love was so great that He died in your place.

This is where shame loses its legal argument.

Shame keeps reopening a case that God has already closed.

Shame keeps presenting evidence that has already been covered by the blood.

Shame keeps demanding punishment for a debt Jesus has already paid.

“Stop putting ourselves back on trial!”

Every time you remember what you did, you retry the case.

Every time somebody reminds you of your past, you retry the case.

Every time you compare who you were with who you are becoming, you retry the case.

But when shame calls you back into the courtroom, you've got to remember: The verdict has already been rendered: **No condemnation!**

You may remember it, but you don't have to be ruled by it.

You may regret it, but you don't have to be defined by it.

Psalms 103:12 — “As far as the east is from the west, so far hath he removed our transgressions from us.”

God's love changes the verdict.

II. Connection Is Confirmed (Your Position Has Changed)

Romans 8:1–2 (KJV)¹ *There is* therefore now no condemnation to *them which are in Christ Jesus*, who walk not after the flesh, but after the Spirit.

My confidence is not based on what I have done for Christ, but on who I have become in Christ.

Paul doesn't stop with “no condemnation.” He tells us who this promise belongs to: “...them which are in Christ Jesus.”

Those three words change everything: *In Christ Jesus!*

Paul is talking about our position.

Before Christ, sin defined our spiritual position. But salvation gives us a new identity, a new relationship, and a new position.

We are now in Christ. That means overcoming shame requires more than remembering what God has forgiven. You now have to remember who you are now connected to.

Shame wants you to identify yourself by your worst moment. God identifies you by your relationship with His Son.

Shame says, “Look at what you did.” Grace says, “Look at who you're in.”

Shame says, “That's who you are.” Grace says, “That's who you were.”

2 Corinthians 5:17 — “Therefore if any man be in Christ, he is a new creature...”

Your confidence doesn't come because you have a perfect record; It comes because you have a new position. You are in Christ!

And when you understand your position, you stop allowing your past to name you.

I may have failed, but failure is not my identity.

I may have fallen, but fallen is not my identity.

I may have sinned, but sin is not my identity.

I may have been rejected, but rejection is not my identity.

Why? Because I am in Christ.

“My righteousness speaks louder than my shame!”

It is no longer about “What did I do?” It's now about “Who am I in?”

God's love doesn't just change your verdict. God's love changes your identity!

III. Captivity Is Conquered (Your Freedom Has Changed)

Romans 8: ² For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

God's love doesn't merely forgive what held me; It gives me power to live free from it.

Verse 1 of our lesson text changes our verdict, but verse 2 changes our life!

“Jesus Hath made me free.”

Some people know they are forgiven, but they are still living like prisoners.

Forgiven—but still chained to yesterday.

Forgiven—but still ashamed.

Forgiven—but still afraid somebody will discover their past.

Forgiven—but still believing they don't deserve to be happy, blessed, loved, used, or restored.

But Jesus didn't just come to forgive prisoners, He came to set the captives free.

2 Corinthians 3:17 — “Where the Spirit of the Lord is, there is liberty.”

John 8:36 (KJV)³⁶ **If the Son therefore shall make you free, ye shall be free indeed.**

“I am free, praise the Lord, I'm free. No longer bound, no more chains holding me. My soul is resting, it's just a blessing. Praise the Lord, hallelujah, I'm free”

And when you know that you're free, your condemnation becomes confidence!

Confidence in knowing failure no longer has authority over you – your past no longer has authority over you – your shame no longer controls you.

God's love changes the verdict.

God's love changes your position.

And God's love changes your freedom.

Conclusion

- Condemnation Is Cancelled — the verdict has changed.
- Connection Is Confirmed — your position has changed.
- Captivity Is Conquered — your freedom has changed.

And that's the journey from condemnation to confidence.

You walked in carrying the verdict of your past. But God says, “No condemnation.”

You walked in identifying yourself by what you did. But God says, “You are in Christ.”

You walked in chained to guilt, regret, and shame. But God says, “The Spirit of life has made you free.”

So stop allowing shame to keep you imprisoned in a place that grace has already unlocked.

Micah 7:8 (KJV)⁸ Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the LORD *shall be* a light unto me.

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Midweek Study Lesson Plan (Sermon: Love That Overcomes Shame (From Condemnation to Confidence))

Lesson Text

- **Primary Text**
 - **Romans 8:1–2**
- **Supporting Texts**
 - **2 Corinthians 5:17; John 8:36; 2 Corinthians 3:17**

Sermon Outline

- **I. Condemnation Is Cancelled (The Verdict Has Changed)**
- **II. Connection Is Confirmed (Your Position Has Changed)**
- **III. Captivity Is Conquered (Your Freedom Has Changed)**

Questions: (What was your main takeaway from this message?)

I. Getting To Know “Me”

1. Would you rather be the best player on the worst team or the worst player on the best team?
2. What is one thing you enjoy doing that you could do for hours?

II. Into The Bible

1. The Greek word for liberty stated in 2 Corinthians 3:17 implies freedom from oppression or servitude. In what ways does the presence of the Holy Spirit actively break the invisible walls or strongholds in a believer’s life?
2. Looking at John 8:36, why does freedom require Christ’s authority instead of human effort?

III. Life Application

1. Is there an area of your life where you need to release self-condemnation and accept the grace God has given you through Christ?
2. If you truly believe there is “no condemnation” in Christ, what would living from that freedom look like in your life?