

It's all About Attitude
Romans 8:28-39
5-17-2026

Popular author and speaker Charles Swindoll said, The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, or a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace that day. We cannot change our past. Nor can we change the fact that people will act in a certain way. We also cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me, and 90 percent how I react to it.

we often don't realize just how important our attitude is in determining how we face life and especially in seeing us through our difficulty and trials.

This is true throughout scripture.

Those who remained true through the suffering and pain of their lives were the ones who knew their life had meaning and purpose.

Those who knew that something greater would come out of their experiences because God was right there with them in the midst of it

So, when God told him to get ready for rain, Noah knew God could be trusted to take care of he and his family and set about building the ark.

When God said it's time to move, Abraham knew God could be trusted to show him the way to go so he folded up his tents and set off.

And when God said he had a job for him to do, Moses knew God could be trusted to help him get it done so he left the wilderness to confront Pharaoh.

Hebrews 11 is filled with examples of those who went through life and trials with the attitude of confident assurance which comes from knowing that regardless of what may be happening around us or to us or in us, God is not sitting on the sidelines watching but is right there with us.

Which is why James could write so confidently, "Consider it pure joy my brothers and sisters whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. And perseverance must finish its work so that you will be mature and complete, not lacking anything."

It's attitude that plays such a large role in how we come through times of testing and trial and difficulty.

Either strengthened by it or with a scowl and complaint about how unfair life is

Dallas Willard wrote that it is essential to our growth into the mind of Christ that we learn to accept trials as the place where we experience and find the reign of God with us as an actual reality. They are occasions where the competence and faithfulness of God will be confirmed in us and we come to know the concrete reality of the kingdom of the heavens.

It's all about attitude!

And our passage this morning at the end of Romans 8 is filled with attitude, as Paul expresses his great confidence and assurance that whatever may come, everything will be alright because God can be counted on.

His trials did not shake his confidence in God and the entire emphasis in verses 28-39 is the security we have in Jesus.

As we begin with what has been called one of the greatest promises found in the greatest verse in the greatest chapter in the greatest book of the Bible, Paul writes,

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.” (Romans 8:28–30)

not we hope or think or wish but “WE KNOW that in all things God works for the good of those who love him and have been called according to his purpose.”

And we know not that all things are good or will turn out in the end because there are some awful things that happen in life and the world that can destroy lives and relationships
Yet even in those times God is not bound

He is not constrained by the powers of this world, the circumstances of life, nor even the dark forces of evil which fight against him.

He is more than able to work for our good even in the worst situation and regardless of what the circumstance.

We know. It's not a question but something he has experienced, which is what the word to know means, it means to know by experience

And not just Paul, his readers also knew because they had experienced the faithfulness of God as well.

They too had experienced God working his good in the midst of their difficulties.

No matter what may be happening in life, God is right there with us working for our good
And if God is for us, who or what can possibly be against us

It may be one of the greatest promises in the Bible, but unfortunately it may also be one of the most doubted.

Like he did with Job, Satan would whisper in our ear seeking to turn our attention away from what we know and have experienced in order to plant the seeds of doubt and fear and forget all God has done for us.

Paul uses an interesting term to make his point of God working in all things for our good

It is the word synergie or synergy

It originally referred to the interaction that can happen between two or more things in such a way that they produce an effect which is greater or even completely different from they would be if taken separately.

One person described it by saying it can mean that two plus two doesn't equal four at all but rather six or eight.

An example from chemistry would be taking two elements which are both poisonous in their pure elemental state yet also extremely common and useful and necessary for life

They are chlorine which is used to kill bacteria in pools

And sodium which in its pure form is not just poisonous, but if you add water it can also explode.

But when you combine these two together, they work together for good to form a bond from which we get sodium chloride or common table salt.

Paul says this is what God does this with all our experiences, all our trials and difficulties and victories

He synergizes them, works in and through them for our good and greater glory that we would ever experience if left on their own

And the good he is working towards he then states in the very next verse

That we be conformed to the image of His son

His good work is intended to make us more like Jesus. And because it is God who is working for the good, we know He will accomplish it.

As one commentator put it, "We can claim the promises of verse 28 because of the purpose stated in verse 29 that we be conformed to the image of his son. And then note that all the verbs in verse 30 are in the past tense. We have been called. We have been justified. We have been glorified. So why faint under the sufferings of this world when we have already been glorified? We are now simply waiting for the revelation of this glory at the return of Christ."

In all things God works for our good because he has a plan and a purpose for our lives which nothing can stop.

This is the same confident assurance Paul wrote to the Corinthians about when he said, therefore we do not lose heart. Though outwardly we may be wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. (2 Cor. 4:16-17)

as he continues in Romans, Paul writes,

“What, then, shall we say in response to this? 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, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.”” (Romans 8:31–36)

Warren Wiersbe wrote – as he began the chapter Paul said there is no condemnation because we share the righteousness of God and therefore the law cannot condemn us. In verse 12 and following, he says there is no obligation to the law because we have the Spirit of God who enables us to overcome the flesh and live for God. Then beginning in verse 19 he says there is no frustration because we share the glory of God and the blessed hope of Christ’s return. And now he says there is no separation because we experience the love of God.

And Paul here gives five reasons to back up his words that there can never be a separation between the believer and the Lord.

1. In verse 31 he says there can be no separation because regardless of how we may feel, if God is for us who can ever be against us
God is on our side, he has been since the foundation of the world and he will remain through all eternity

As he told Jeremiah, I know the plans I have for you, declares the Lord. They are plans to prosper you and not harm you, plans to give you hope and a future.

2. In verse 32 he says there can be no separation because Jesus died and then rose from the dead for us

If he died for you, how much more can we expect and rely on him now, or as Paul says, will he not also give us all things

as Jesus told us in Matthew, how much more valuable you are to him than the birds of the air and lilies of the field and if God takes care of them, he will certainly take care of you.

3. In verse 33 he says there can be no separation because we have been justified, he has already declared us not guilty
And in Christ, that will never change. We are declared righteous and if God no longer condemns us, certainly no one else can

4. In verse 34 he says there can be no separation because Jesus is standing at the right hand of God interceding for us
The same one who died and rose again to make you a child of God is now praying for you in heaven

As Heb. 7:25 says, He is able to save completely those who come to come through him, because he always lives to intercede for them.

5. And ultimately, in verse 35 it says there can be no separation because you are and forever will be loved by God.

Troubles and hardship may come and go but God's love us will never change

Because nothing can ever separate us from the love of God which is in Jesus, Paul closes his thoughts with those wonderful words,

"No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." (Romans 8:37–39)

How strange these words must have sounded when the believers in Rome first heard them
When they words were written, the Roman empire was at the height of its power and glory.
It's estimated that ¼ of the worlds population at that time lived under its rule stretching from the British Isles into Germany and Asia Minor and down into the Mediterranean and northern Africa.

Yet here Paul writes to this small group of outcasts whom Rome considered just a small sect of Judaism and he tells those living in the mightiest city at the very heart and center of the empire, that they, not the Romans, were more than conquerors.

It must have sounded ridiculous at the time, but looking back, we see just how true these words were for less than 400 years later, Rome had been sacked and was in a period of rapid decline and fall, yet the church lived on continues to grow.

In the 4th century there was a believer named John Chrysostom who shared this same confident assurance as Paul.

He spoke eloquently against the lavish excesses of his day and became a thorn in the side of those in power. In an effort to silence him, he was brought before the emperor who then tried to get him to renounce his faith and turn away from Christ.

First, he was threatened with banishment if he remained a Christian. His reply was, "You cannot banish me for this world is my Father's house."

Then I will kill you, said the emperor. No, you cannot kill me, for my life is hid with Christ in God, he replied.

Then I will take all our possessions and leave you with nothing. No, you cannot because my treasure is in heaven and that is where my heart is.

Finally, the emperor said, Then I will drive you away from all men till you have no friends left and are totally alone. No, you cannot, Chrysostom said, for I have a friend in heaven from whom you can never separate me. I defy you, for there is nothing that you can do to harm me.

What an attitude of confident assurance in the grace and power of God.

Wiersbe said, a review of this wonderful chapter shows that the Christian is completely victorious. We are free from judgement because Christ died for us and we now have His righteousness. We are free from defeat because Christ lives in us by His Spirit and we now share His life. We are free from discouragement because Christ is coming for us and we shall share His glory. We are free from fear because Christ intercedes for us and we cannot be separated from His love.

:1-11 No condemnation!

:12-17 there is No obligation!

:18-27 there is no frustration!

And :28-39 there is no separation!

If God be for us, who can possibly be against us!

So, in all things we are more than conquerors through him who loved us!