Romans 8 is one of my favorite chapters in the Bible, because it gives us the answer to depression about the past, present, and future.

It tells us there is no condemnation for our past, because verse 1 says, "So now there is no condemnation for those who belong to Christ Jesus" (NLT). When we sin (and we all sin), the Devil will condemn us. And then we join in that condemnation and condemn ourselves.

Yet what does the Bible say? First John 1:9 tells us, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (NKJV).

So, if God tells us that He will forgive us and cleanse us from all unrighteousness, then we should accept that in our lives and believe that He has forgiven us.

Romans 8 also tells us there is no separation from God in the future. Paul wrote, "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love" (verse 38 NLT). Isn't that a great promise? God will never stop loving us.

Lastly, Romans 8 assures us that all things in the present are working together for our good: "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them" (verse 28 NLT).

So as Christians, we can be assured there is no condemnation for the past and no separation from God in the future. And whatever we're going through God can ultimately work together for good. Romans 8 is a hope-filled destination, and it's where we discover how to live this Spirit–filled life.