

## How Do We Then Live?

### Week 7 - Romans 8:1-17

? Who is someone you love spending time with? Why?

#### Objectives:

- We are as secure as Christ because we are united with Christ, adopted by God, and indwelt with the Spirit.
- Through the Spirit's work, we are able to cast off our old selves and put on Christ's righteousness, holiness, and glory.

**Paul preaches that we are no longer condemned by the law and sin, but instead, we have been set free through the work of Christ. The first four verses of chapter 8 are a very clear explanation of the gospel. We can now live according to the Spirit who works in us to turn our minds and hearts to the things of God and away from the things of this world.**

#### No Condemnation!

##### Romans 8:1-4 NIV

Therefore, there is now no condemnation for those who are in Christ Jesus, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. <sup>3</sup> For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, <sup>4</sup> in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

? How does the "therefore" statement in verse 1 relate to the chapter(s) preceding it?

*Possible answers: At the end of chapter 7, Paul was discussing how the law and sin continue to be at work within us but the work of Jesus frees us from death. We are no longer condemned because Jesus has borne the weight of our sin.*

? What aspect of the Spirit's work is displayed in these verses?

*Possible answers: He is the power behind the rebirth of every Christian, and He gives us the power we need to live the Christian life.*

? What does Paul say about the law in these verses following his discussion of the law in chapter 7?  
*Possible answers: He contrasts the law he was discussing previously with the “law of the Spirit” which gives life and sets us free from sin and death.*

? Why are Christians free from condemnation? What should be the result in our lives?  
*Possible answers: God sent his own Son to be a sin offering for us. He stood before God in our place so that we could take his place. The result in our lives is that we should live according to the Spirit because of what He has already done. Verses 5-17 will dive deeper into what living according to the Spirit means.*

Theological Term: Justification - God declaring and viewing a sinner as righteous because of that person's faith in Jesus Christ.

## Flesh vs Spirit

### Romans 8:5-17 NIV

<sup>5</sup> Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God.

<sup>9</sup> You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup> But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. <sup>11</sup> And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

<sup>12</sup> Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it.

<sup>13</sup> For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

<sup>14</sup> For those who are led by the Spirit of God are the children of God. <sup>15</sup> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” <sup>16</sup> The Spirit himself testifies with our spirit that we are God's children. <sup>17</sup> Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

? What are the markers of a life lived according to the flesh? According to the Spirit? Will someone give an example from your own life?

*Possible answers: Leaders - be prepared to offer an example of your own for each. Flesh - mind set on what the flesh desires, death, hostile to God, does not submit to God's law; Spirit - mind set on what the Spirit desires, life and peace, adopted children of God*

**?** How can we be certain we have the Holy Spirit in us?

*Possible answers: Those who have believed and accepted Jesus as their Lord and Savior have the Holy Spirit in them (1 Cor. 6:19). We will see the work and fruit of sanctification in our lives which is not our work but God's.*

### **Ephesians 4:22-24 NIV**

<sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.

### **Colossians 3:3-15 NIV**

<sup>3</sup> For you died, and your life is now hidden with Christ in God. <sup>4</sup> When Christ, who is your life, appears, then you also will appear with him in glory.

<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. <sup>7</sup> You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup> and have put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup> Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.

<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

**?** How do these passages add to our understanding of living according to our new life in Christ and not according to our sinful nature?

*Possible answers: We will be made new in the attitude of our minds and be more like God in righteousness and holiness. We will be able to put earthly desires in our lives to death.*

**?** What are practical ways to set our minds on things of the Spirit?

*Possible answers: Read the Bible and pray. Reflect on the work God is doing in your life and the world and ask him to help you set your mind on heavenly things. Be involved in a Christian community and practice compassion, kindness, patience, forgiveness, etc.*

? What does it mean to be an heir (v. 16-17)?

*Possible answers: It means that we are adopted as his sons and daughters and get to partake in the benefits that accompany salvation. We get to share in his sufferings and in his glory.*

#### **For Discussion and Accountability**

? What was God telling you through this passage this week? What did you need to hear?

? Is it hard for you to accept that “there is now no condemnation for those who are in Christ Jesus”?

? Which markers of the two types of lives (flesh vs spirit) convicted or encouraged you?