



HOW DO WE LIVE THEN?

CHAPTERS 4-8

¹There is therefore now no condemnation for those who are in Christ Jesus.





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¹² So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. ¹³ For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. 14 For all who are led by the Spirit of God are sons of God. ¹⁵ For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

¹⁶ The Spirit himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

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How to Live According to the Flesh:

1. WORSHIP: stuff



Romans 1:22-23

²² Claiming to be wise, they became fools, ²³ and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things.



How to Live According to the Flesh:

- 1. WORSHIP: stuff
- 2. SERVE: yourself





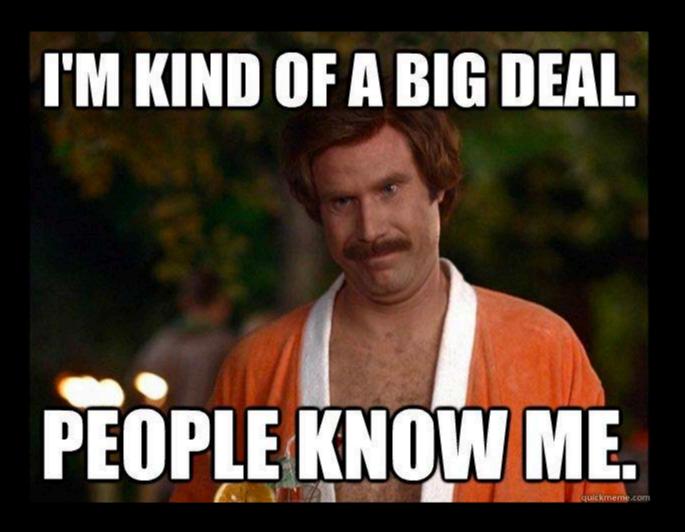
²⁵ In those days there was no king in Israel. Everyone did what was right in their own eyes

Judges 21:25

How to Live According to the Flesh:

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- 2. SERVE: yourself
- 3. USE: people





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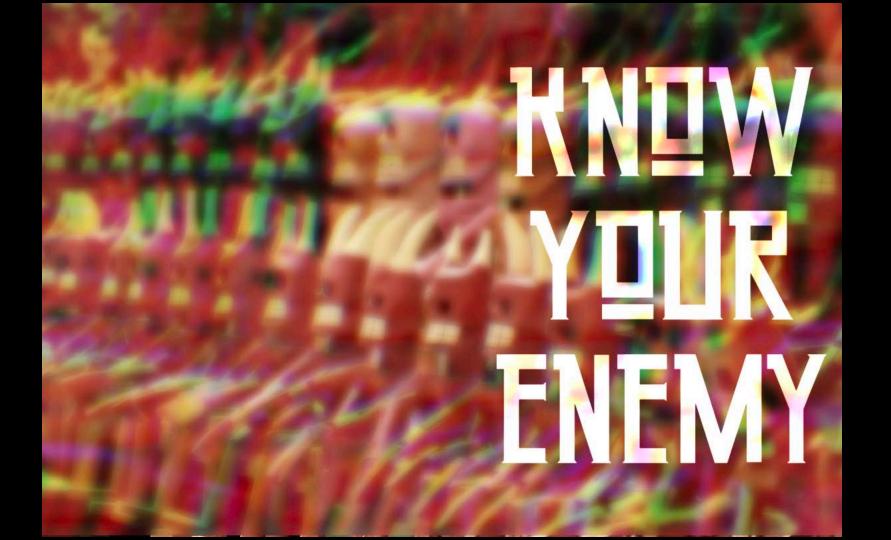




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Do you mortify; do you make it your daily work; be always at it whilst you live; cease not a day from this work; be killing sin or it will be killing you."

> John Owen, The Mortification of Sin



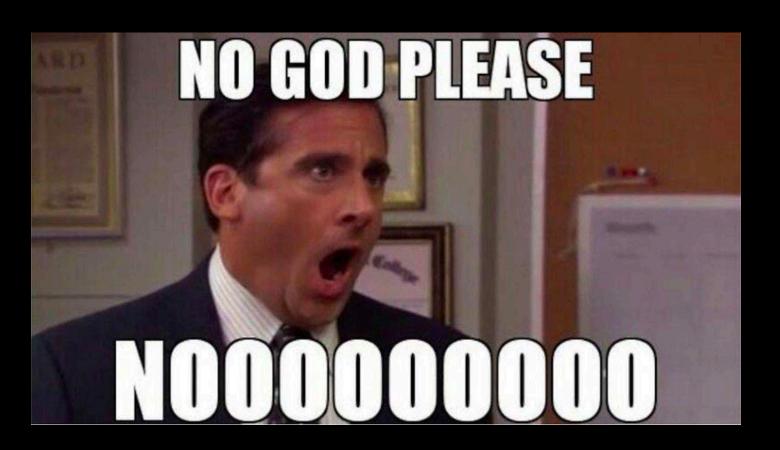




Judges 10:11-13

¹¹ The Lord replied, "When the Egyptians, the Amorites, the Ammonites, the Philistines, ¹² the Sidonians, the Amalekites and the Maonites oppressed you and you cried to me for help, did I not save you from their hands?

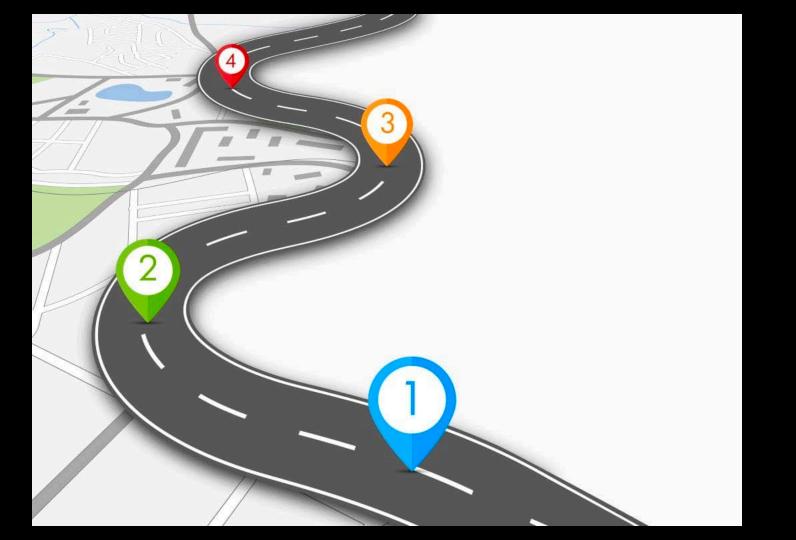
¹³ But you have forsaken me and served other gods



Psalm 3

- ¹ Lord, how many are my foes! How many rise up against me!
- ² Many are saying of me, "God will not deliver him."

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Psalm 8:2

²Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.



Galatians 4:4-7

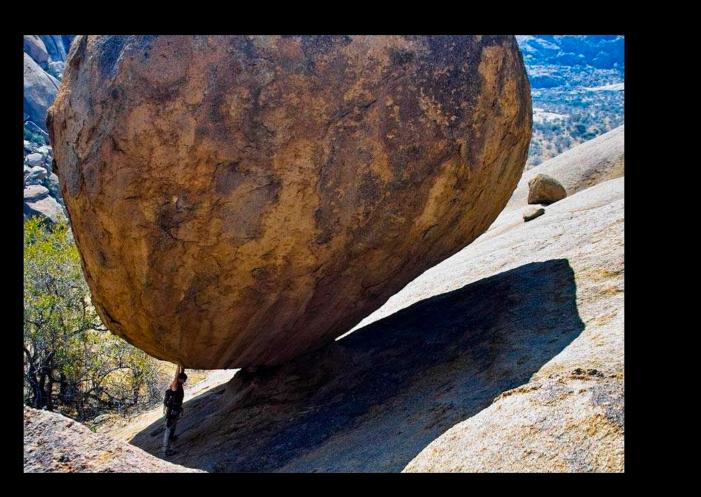
Praying "Abba, Father"

⁴ But when the set time had fully come, God sent his Son, born of a woman, born under the law, ⁵ to redeem those under the law, that we might receive adoption to sonship. ⁶ Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father."

Mark 14:35-36

Praying "Abba, Father"

³⁵ Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. ³⁶ "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."





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¹⁶ The Spirit himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

If we are serious about mortifying the misdeeds of the body (and verses 6 and 13 should offer sufficient motivation to take this seriously!), we need to preach grace-centered mini-sermons to ourselves throughout our day, and especially when tempted... And many Christians try to control themselves with law-centered mini-sermons. We say to ourselves things like: If I do that, God will get me or: It's against my Christian principles or: It will hurt people around me or: I will be embarrassed or: It will hurt my self-esteem or: I'll hate myself in the morning.

Some or all of these may be true—but Paul tells us they are inadequate! They don't kill sin. That is taking your temptation to the law and using fear to deter yourself." But we are to use the logic of the gospel on ourselves. Look what God's done for me! Is this how I respond to him? We're to take our temptations to the gospel, and find God's love for us, in sending his Son to the cross and his Spirit into our hearts, showing us the vileness of that sin, motivating us to love our Savior, and removing our desire to live according to the flesh."

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I asked the Lord that I might grow In faith, and love, and every grace; Might more of his salvation know, And seek, more earnestly, his face.

'Twas he who taught me thus to pray, And he, I trust, has answered prayer! But it has been in such a way, As almost drove me to despair. I hoped that in some favoured hour, At once he'd answer my request; And by his love's constraining pow'r, Subdue my sins, and give me rest.

Instead of this, he made me feel
The hidden evils of my heart;
And let the angry pow'rs of hell
Assault my soul in every part...

Lord, why is this, I trembling cried, Wilt thou pursue thy worm to death? 'Tis in this way, the Lord replied, I answer prayer for grace and faith. These inward trials I employ, From self, and pride, to set thee free; And break thy schemes of earthly joy, That thou may'st find thy all in me.

