

## Translating the Gospel to Our Lives Session 3: Free to Live

### Romans 7:18-8:11 (ESV)

#### **The Struggle to Live Free (Romans 7:18-24)**

*18 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. 19 For I do not do the good I want, but the evil I do not want is what I keep on doing. 20 Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.*

*21 So I find it to be a law that when I want to do right, evil lies close at hand. 22 For I delight in the law of God, in my inner being, 23 but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. 24 Wretched man that I am! Who will deliver me from this body of death? 25 Thanks be to God through Jesus Christ our Lord!...*

#### **The Law of Sin vs. The Law of the Spirit (Romans 7:25-8:4)**

*25 ...So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin. 8:1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.*

### **The Law of Our Minds (Romans 8:5-8)**

*5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God.*

**Romans 12:2a** *“Do not conform any longer to the pattern of this world, But be transformed by the renewing of your mind...” (NIV)*

**Colossians 3:1-3** *1 “Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God.” (NIV)*

**2 Corinthians 10:5b** *“...take captive every thought to make it obedient to Christ.” (NIV)*

### **The Law of the Spirit (Romans 8:9-11)**

*9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. 10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.*

**Galatians 5:16** *16 “...live by the Spirit, and you will not gratify the desires of the sinful nature” (NIV)*

### **Questions for Personal Reflection:**

- ***Is there a current situation or relationship in which you are dwelling on the things of the flesh?***
- ***In this situation/relationship (and others), how can you “set your mind on the things of the Spirit” instead of the things of the flesh? What spiritual disciplines help us to do this?***
- ***Read 2 Corinthians 5:15-17. What does it mean to “regard no one according to the flesh”? (ESV) Based on what we talked about this weekend, what does it mean that you are a new creation?***