

LESSON 2

LIFE IN THE SPIRIT

Central Truth: The Holy Spirit leads believers into the fullness of spiritual life

Memory Verse: For those who are led by the Spirit of God are the children of God. **Romans : 8:14**

LESSON TEST

ROMANS 8:1 – 17

Romans 8:

1. Therefore, there is now no condemnation for those who are in Christ Jesus,
2. Because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
3. 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,
4. 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.
5. 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.
6. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.
7. The mind governed flesh is hostile to God; it does not submit to God's law, nor can do so.
8. Those who are in the realm of the flesh cannot please God.
9. 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.
10. 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.
11. 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.
- 12.** Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it.
13. 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.
14. For those who are led by the Spirit of God are the children of God.
15. 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.*"

16. The Spirit himself testifies with our spirit that we are God's children.

17. 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.

INTRODUCTION

Life in the Spirit is not possible without the Holy Spirit's control over our lives. Since He is satisfied with a work half done, we must yield our lives totally to Him. Today's lesson will help us to fully yield our lives to the working of the Holy Spirit.

LESSON

As believers, if we try to overcome sinful habits by human effort we will fail. In Romans chapter 7, the Bible explains that the Law (Old Testament commandments) is God's standard of righteousness but it cannot provide the power to abide by its demand. In this regard, Paul testified of his personal struggle to abide by the requirements of the Law. He explained that although he desired to keep them, his own human nature resisted it. Likewise, the Christian must recognize that it will be futile to seek righteousness through the Law.

The purpose of the Law was to point out to us that we are helpless sinners who need deliverance; and Jesus is the deliverer (Gal. 3:24) . Now that the Law has brought us to Christ, we must no longer be subject to its dictates but alive to the power of the Holy Spirit. When we allow the Holy Spirit to indwell us, He helps us to have a mind directed toward spiritual things. This kind of mind enables us to choose to follow the leadership of the Holy Spirit and thus please God.

He also makes us recognize that we are adopted sons of God so we can cry Abba, Father in times of need. The Holy Spirit's power which is the same power that raised Jesus from the dead quickens us to develop Christ like character.

Life in the spirit requires that when the Christian sins, he should confess to Christ, our advocate with the father. We should then dedicate ourselves afresh to God and receive His power to continue to live righteously.

The Christian has no hope in the future if neglects God's power. When we determine to walk in the spirit and not depend on our own strength, we will be empowered by the Holy Spirit to meet God's standard of righteousness.

LIFE APPLICATION

In living a life of the spirit, we must recognize that there is a sinful nature that resists the Holy Spirit every day. This nature must be withstood continually.

We are admonished in the Bible to go beyond only recognizing what pleases God and actually do them. This can only be done in the power of the Holy Spirit who helps develop the character of Christ in us.

DAILY BIBLE READING

- Monday – Transformed by The Spirit (Isaiah 32:15 - 18)
- Tuesday - Indwelt by The Spirit (Ezekiel 36 : 24 – 32)
- Wednesday – Anointed by The Spirit (Zechariah 12: 8 – 10)
- Thursday – Guided by The Spirit (John 16:7 – 15)
- Friday – Empowered by The Spirit (Acts 2:1 – 11)
- Saturday – Strengthened by The Spirit (Ephesians 3:14 – 21)