

**Freedom**  
**Romans 8:5-13**  
 Freedom in the Spirit

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<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.

- **Transition**

- I. **Because of Jesus I have a new mindset.**

**Romans 8:5-8**

<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.

A. Paul divides people into two kinds.

1. Those who live according to the **flesh**.
2. Those who live according to the **Spirit**

Those who live according to the flesh – have their minds set on what the flesh desires  
 In Contrast those who live according to the spirit have their minds set on what the Spirit desires.

B. There is a sharp contrast between what the “Flesh” desires and what the Spirit desires.

It seems that there is a kind of living that causes one to put their mind on fleshly desires. In other words a lifestyle of choices that encourages thoughts and desires directed to satisfy “flesh”

C. Not everyone is included in this change

- **Question** - What does Paul mean by “flesh”?

The Spirit desires things – we are told to set our minds on what the Spirit desires.

- **Question** – how do we know what the Spirit desires? How does one know that?

If we are to set our minds on what the Spirit desires then we must at least do two things.

1. Identify what the definition of “flesh” is. Avoid setting our minds on what the flesh desires.
2. Identify what the definition of “Spirit” is and make an intentional choice to “Set our Minds” on what the Spirit desires.

There are some things that we should avoid.

Why should we avoid them?

Paul identifies what happens when we do not avoid setting our minds on the flesh.

1. The mind governed by the flesh is DEATH.
2. The mind governed by the flesh is hostile to God meaning it does not submit to God’s law nor can it. It is impossible for a mind set on the flesh to submit to God’s law. **WOW** – this is very dangerous.
3. Those who are in the “realm” of the flesh cannot please God.

Scripture on pleasing God????

Summary the mind set on the flesh is death, hostile to God and cannot please God.

Not every mind is the same. Some are hostile towards God and some are not

Some are full of life and peace and some are full of death, hostility and displeasing to God.

Paul identifies several things that happen when we set our mind on the Spirit.

1. The mind governed by the Spirit is **life and peace**.
2. The Spirit gives life because of righteousness.

Paul says several negative things about setting our minds on the flesh.

There is a strong emphasis on avoiding putting our Minds on the flesh.

If the Spirit lives in you – you are not in the “realm” of the flesh.

Paul uses two term concerning the flesh.

1. Setting a mind of the flesh.
2. Being in the realm of the flesh.

Question – are they separate things or the same thing stated differently.

Question - What does it mean for the Spirit of God to live in you? This is most likely salvation not spirit baptism.

At salvation the Spirit of God comes and makes residence in you. In other words, you become a temple of the Holy Spirit.

You are a temple. A temple houses something. What is the purpose of a temple? Where did this come from? Word use. Where was temple first mentioned in the Bible? Where was temple used by Jesus? What things are associated with the temple?

Scripture here ^^^^

Jesus cleansing the temple

OT temple

You are no longer dwell in temples made by men's hands you dwell among us.

Intimate

Close

D. The Holy Spirit changes my mind.

### **1 Corinthians 3:16**

Surely you know that you are God's temple and that God's Spirit lives in you! (GNT)

### **1 Kings 8:10-13**

<sup>10</sup> When the priests withdrew from the Holy Place, the cloud filled the temple of the LORD. <sup>11</sup> And the priests could not perform their service because of the cloud, for the glory of the LORD filled his temple.

<sup>12</sup> Then Solomon said, "The LORD has said that he would dwell in a dark cloud; <sup>13</sup> I have indeed built a magnificent temple for you, a place for you to dwell forever."

E. Characteristics of two mindsets.

### **Illustration**

- When Jesus cleansed the temple
- Jesus gives me power to live in freedom
- The miracle of incarnation.

### **II. Because of Jesus I have a new sense of life.**

### **Romans 8:9-11**

<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.

You – he is talking to the audience – the Roman church. Believers, brothers and sisters. Followers of Christ are not in the realm of the flesh – we are in the realm of the Spirit – IF – if indeed the Spirit of God lives in you.

If you don't have the Spirit of Christ (living in you, or He abiding with you, or he dwelling in / with you) you do NOT belong to Christ.

BUT – if Christ is in you, your body will be subject to death, Everyone will die – you need to know that – you need to think about that sometimes – you need to live like you will not live forever. You need to live with eternal priorities in mind, you need to make decisions that you will not regret.

Question – If you were to die today would you have any regrets?

Life is a vapor scripture

Sin will kill your body but you will receive a new body.

An eternal body

Scripture on receiving a renewed body.

In contrast to a sinful body receiving death – a Grave defying, risen Christ will give you life to your mortal bodies – your body will die but it will be renewed because of his Spirit who lives in you.

Vs. 11 expounds on this... If the Spirit of him (Christ aka the Holy Spirit) who raised Jesus from the dead will also give life to you mortal bodies

This happens because of his Spirit – who lives in you.

As a follower of Jesus Christ he abides with us through his Holy Spirit.

He is with us in Spirit – not just a thought or a mystical statement but in POWER!

Resurrection POWER!!!\

### **James 4:14**

Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.

### **Philippians 3:20-21**

<sup>20</sup> But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, <sup>21</sup> who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

### **Freedom to live like Jesus'**

The only sin we can defeat is a forgiven sin.

The only sin that you can defeat in daily life and replace with righteousness is a sin forgiven for Christ's sake.

I know there are natural ways to overcome bad habits that aren't based on Christ at all.

But when those changes occur in life without forgiveness from Christ, the result is not God's righteousness, but self-righteousness – which in God's eyes is no righteousness.

The only sin that you can defeat in daily life and replace with righteousness is a sin forgiven for Christ's sake.

### **III. Because of Jesus I have a new obligation.**

#### **Romans 8:12-13**

<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.

Therefore – because of this powerful reality.

He calls them brothers and sisters

Brothers and sisters have an obligation –

What is this word in Greek - ***Obligation***

Our obligation is not to the flesh - You don't owe your flesh anything. Quit thinking you owe your flesh anything.

You do NOT live according to it.

If you live according to the flesh you will die – like forever die.

If you live according to the Spirit two things happen or you do two things – You put the misdeeds of the body to death. Kill them -

How do you kill the misdeeds of the body?

What are practical ways to do this?

Confess your sins one to another so that you will be healed.

If you put these misdeeds to death you will live.

If you could see for a moment into the spiritual realm

You have light inside of you.

Darkness scatters where you go

Darkness cannot remain in the presence of light