



BEULAH FIRST BAPTIST

Rev. Dr. Felix L. Cole, Senior Pastor

April 8, 2026

Focus: Rooted – A Study Through Romans

Week 10: Life In The Spirit

Dr. Felix L. Cole – Senior Pastor

Introduction: Romans 7 vs Romans 8

- **Romans 7** exposed the real struggle within, the tension between what we desire and what we do. It showed us that effort alone cannot produce victory.
- **Romans 8** reveals the solution. It shifts us from frustration to freedom, **from striving to Spirit-led living**. What the Law could not do, God has now done through Christ and the **power of the Holy Spirit**.

Key Scriptures

Romans 8:1-4

Life in the Spirit

Sons and Daughters of

No Condemnation

Romans 8:12-17

God

Romans 8:5-11

1. No Condemnation – (Romans 8:1-4) - Paul begins with one of the most powerful declarations in all of Scripture: **“There is therefore now no condemnation for those who are in Christ Jesus.” (v1)**

This is the answer to the struggle of Romans 7. The believer is no longer under judgment, guilt, or penalty for sin. The verdict has already been rendered and it is not guilty.

- Freedom is not based on our performance, but on our position **in Christ**. Through Jesus, the **law** of the Spirit of life has set us free from the **law** of sin and death.
- What the Law could not accomplish (because it was weakened by the flesh) God accomplished by sending His Son.

Truths To See:

- 1) There is no condemnation for those in Christ
- 2) Freedom comes through the Spirit, not the Law
- 3) Jesus fulfilled what the Law could not

Biblical Cross References

John 5:24

2 Corinthians 5:21

Colossians 2:13–14

2. Life In the Spirit – (Romans 8:5-11) – Paul now contrasts two ways of living: life according to the flesh and life according to the Spirit. To live according to the flesh is to have a mindset focused on self, sin, and separation from God. But to live according to the Spirit is to have a mind governed by life and peace. **“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.” (Romans 8:6)**

- The difference is not just behavior, it is **direction and mindset**. Those who are in Christ are no longer controlled by the flesh, but by the Spirit of God who lives within them.

- The same Spirit that raised Jesus from the dead now dwells in believers. That means the power of resurrection is not just a future hope, it is a present reality.

Truths to See

- 1) Mindset determines direction
- 2) The Spirit produces life and peace
- 3) The same power that raised Christ lives in us

Biblical Cross References

Galatians 5:16

Ezekiel 36:26-27

John 14:16-17

3. A New Obligation – (Romans 8:12-13) – Because of what Christ has done and the Spirit now dwelling within us, Paul says we have a new responsibility.

“Therefore, brothers and sisters, we have an obligation, but it is not to the flesh...” (v12)

- We are no longer indebted to our old way of living. The flesh no longer has authority over us. Instead, we are called to live by the Spirit.
- This means actively putting to death the deeds of the body, not through self-effort alone, but through the **power** of the Spirit.
- Freedom in Christ is not passive—it is empowered participation with the Spirit.

Truths to See

- 1) Believers are no longer obligated to the flesh
- 2) The Spirit empowers us to put sin to death
- 3) Victory requires participation, not passivity (Progressing or Regressing)

4. Led by the Spirit and Adopted as God’s Children – (Romans 8:14–17): Paul now brings clarity to what it truly means to **belong** to God. He writes, **“For those who are led by the Spirit of God are the children of God.” (v14)**

- Being led by the Spirit is not about occasional moments of guidance, but a consistent life of surrender, direction, and dependence. The Spirit does not force us. The Spirit Leads Us! And those who follow His leading reveal their identity as **God’s children**.
- Believers have not received a spirit of fear or bondage, but the Spirit of adoption. Through the Spirit, we cry, **“Abba, Father.” (v15)**
 - This is deeply personal language that reflects **intimacy, access, and relationship**. We are no longer distant from God, we are brought near as sons and daughters.
- The Spirit assures us and doesn't just lead us. **“The Spirit Himself testifies with our spirit that we are God’s children.” (v16)**
 - This means our identity is not something we have to guess about or earn. It is **confirmed** internally by the Spirit of God. We belong to Him.
- And if we are children, then we are heirs (heirs of God and co-heirs with Christ). We share in His inheritance, but we also share in His journey, which includes both suffering and glory. **Our identity in Christ secures our future and sustains us in the present.**

Truths to See

- 1) Believers are adopted as sons and daughters, not slaves
- 2) The Spirit confirms our identity internally
- 3) We are heirs with Christ, sharing in both suffering and glory

Biblical Cross References

Galatians 4:6–7

John 1:12

Ephesians 1:13–14

2 Timothy 1:7