

Thursday July 2, 2026

The Holy Spirit Brings Transformation

Romans 6:14

"For sin shall no longer be your master, because you are not under the law, but under grace."

As you enter your time with God today, take a moment to quiet your mind. Breathe this prayer: "Come, Lord Jesus, come. Fill me with your Spirit. Open my heart that you might share your words of life with me."

What does this passage teach us about the Holy Spirit bringing us to places of transformation?

An interesting transition continues to occur in our household. This transition comes with a lot of joy but also has its own challenges. Kristin and I take it as a sign of success, but sometimes our children see it differently than us.

It is the transition of us as parents interacting with our kids seeing them not as older adolescents, but as full-grown adults.

This is a natural part of parenting that comes as our children move past the teen years and into their 20s. As we all know, our kids go through that process in different ways, and some seek their independence before others. We also know that some parents let go more easily than others with some perhaps making the process more difficult by not encouraging their children towards adulthood. It can be a difficult transition to navigate.

In some moments, children can demand their independence. "I'm in college. I shouldn't have a curfew when I come home." "It's my money. I can spend it how I want." In others, they want support. "But I don't have a high paying job like you. I can't afford my phone bill on my own." "I'm not ready to move out yet. It's expensive to have your own place."

Parents also waffle between the two worlds. "We love you, but you need to figure out a budget and pay for your own gas and car insurance." "That sounds like a great trip you and your friends want to go on. How are you paying for airfare?" But then in the next breath, "This is the family vacation we planned. You must get time off to go with us." "If only you would have got the accounting degree we told you to get, you wouldn't be in this mess!"

This space demands us to recognize the truth that applies even though we may not feel we are ready or willing to accept it. Kids out of college age (generally) should be acting like fully independent and mostly mature adults. Parents with kids out of college age (generally) should be treating their children as independent and mostly mature adults. This can be subjective, but ignoring this transition can cause families to grow in dysfunction and for enabling relationships to fester and impact the future.

When we ignore truth, there can be consequences. When we embrace that truth, life can come.

That's what Paul is reminding the Roman Christians in our passage today. He's putting before them the truth, *"sin shall no longer be your master, because you are...under grace."* That truth is what governs those who know Christ. In Christ, the Romans have put the power of sin behind them and now embrace the power of grace that rules in their lives.

But just like how relationships in families as children become adults are places of challenge and learning, so too is the process of living under the power of grace. Although justification, our standing before God as righteous in Christ changes in a second as we spoke of yesterday, the process of living into the freedom of grace takes time, maturity, discipline, growth, and discipleship for us to embrace.

We know this because grace says to us that we never need to fear. Our God is for us, who or what can be against us? But have you ever lost sleep out of anxiety for what the future might bring?

We know this because grace says for us to forgive others just as we have been forgiven. How many of us feel our blood pressure go up when a person who wronged us comes to mind?

We know this because we have been called to love our neighbor as ourselves. How many of us feel animosity towards a person, or a group because of something, anything that shapes how we might see them as “wrong”, “evil”, “worldly”, or “sinful”?

We know this truth is hard to express, but the truth remains. We are made new. We are different. Sin and death no longer have hold of us. We ARE different.

But do we believe it? Do we act into that truth? Do we reject anything that speaks against it?

That is the key to understanding for us as we are transformed by the Holy Spirit. We must begin to embrace the “new” self that has been claimed by grace and put the “old” behind. Our process is one of rejecting ‘stinking thinking’ like, “I’m just a sinner.” (We are saints with a sin problem redeemed by grace.) “That’s just how I am.” (Nope. We have “NEW CREATION” tattooed on our hearts.) “Maybe someday.” (“Now is the day of our salvation.”). We put those ideas aside and not only claim, but embrace who we are, and who we are becoming in Christ.

May the Spirit equip us to pursue and embrace the complete truth of who we are in Christ. May we ‘take off’ the old thoughts, habits, and ideas and ‘put on’ the new and righteous identity we have in Christ. In doing so, may we experience the freedom and life offered to us in who he has made us to be.

May the Lord bless you and keep you. May the Lord make his face shine upon you and be gracious to you. May the Lord turn his smile towards you and give you his peace.

In the name of the Father, Son, and Holy Spirit. Amen.

I love you all. Blessings.

Feel free to share this devotion with others.

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