

My Sin and the Holy Spirit

Romans 8:5-11

- I. Two questions.
 - A. What stops us from embracing the power of Holy Spirit?
 - B. How do we get under the control of the Holy Spirit?
- II. Our problem—Sin!
- III. Context of Romans 8.
 - A. Chapters 1-2—Man has rejected God for their own lusts resulting in God’s righteous judgement.
 - B. Chapter 3—*There is not one righteous.*
 - C. Chapters 4-5—The righteousness of God through faith in Jesus Christ.
 - D. Chapter 6—Dead to sin, alive to God.
 - E. Chapter 7—Conflict of the two natures.

***Wretched man that I am! who will deliver me from
the body of this death?***

- IV. How do we get sin under control?—Romans 8
 - A. The Holy Spirit—provides a new dimension of living
 - B. Dilemma—Sin dwells in us (4:17) and the Holy Spirit dwells in us (8:9) – a war!
 - C. Galatians 5:13-17; 25
 - 1. We have choices to make; we play an important part in our Christian walk (Vs. 13-15).
 - 2. Choose to walk by the Spirit (V.16).
 - 3. The Struggle (V.17).
 - 4. Walk in step with the Spirit (V.25). “In Step”
 - a. *moving in unison with others or being in agreement with ideas, actions, or timing*

D. How do we walk in step with the Spirit?

1. We set our mind on the things of the Spirit (Vs. 5-7).
 - a. Life and peace (V.6).
 - b. The same power that raised Jesus from the dead (V. 11).
 - If we fail, it is not for lack of power from the Holy Spirit, it is the lack of our own will.
 - c. Confessing our sins is a great part of walking in the Spirit.
2. Putting to death the practices of the body—flesh (V. 13).
 - a. By not “feeding t.he flesh”.
 - b. Deal with all the contributing influences that lead you to sin—starve the flesh!
3. The Holy Spirit bears witness to us (Vs.15-17).
 - a. Knowing “whose” you are is more important than knowing “who” you are.
 - b. We are children of God— Adopted into God’s family: Abba
Father.(V.15).
 - c. The more we realize “whose” we are, the greater that reality will affect our inner being and actions.
4. The Holy Spirit makes intercession for us (Vs 26-27).
 - a. The Holy Spirit intercedes for us with the Father when we have difficulty doing so praying.

My Sin and the Holy Spirit

Romans 8:5-11

What stops us from embracing the power of Holy Spirit?

How do we get under the control of the Holy Spirit?

Arguably... These are two of our greatest questions regarding our Christian life and walk... these are the two questions I have asked myself most of my life as a Christian...these are the two underlying questions that led to me to do this series on the Holy Spirit... it will take a few weeks to pull out from God's word God's answers to these questions.

Most if not all of us are not completely satisfied with our Christian walk... I have yet to meet anybody of sound mind who believes they have arrived at some state of perfection in their walk with Christ...

We have already seen over the past two weeks that God has provided us with a mighty power source to enable us to live a life that is pleasing to Him... He has given us a *Helper*... an Advocate... a Counselor to come alongside of us to empower us...to guide us...and help us to live such a life.

This helper is not just some energy force or some powerful angelic type being or even some mental positioning that is within you if you get yourself in the right position... *you can tap into YOUR Giant within*... this is God... this is the third person of the Holy Trinity.

That mysterious inscrutable One God in three Persons...the Holy Spirit.... Which brings us back to our two questions.... If the Holy Spirit has been given to us to empower us in our Christian walk (walk is another word for "life") why do we struggle so much in our walk?

1. What gets in our way from embracing the power of the Holy Spirit... what's the problem?...

sin!... if we could just get past the power and weight of sin...sin is like a 1000 pound weight, if we could get out from under it... we could fly high with the Spirit... we could so much more glorify our God and be so much more like Jesus Christ!

We come to Romans 8 for some help...please turn to Romans 8 in your Bibles...specifically I want to highlight verses 5-11... we'll reference others, but these seven verses I think stand out for our purpose this morning

Read Romans 8:5-11

We really can't just read these verses and get full understanding of what Paul is trying to tell us... we have to know the context.... Every verse in the Bible has a setting that it sits in... a context.

To get into the context of Romans 8...we need to know the entire book of Romans..... at least all the verses that come before it... *got some time?*... Let me try to give that to you in a very brief form... the first three chapters of Romans is Paul's expose of sin...

It isn't very nice... we find out that sin is in the heart of all humanity...In chapter 1 we see man has rejected God so God gave man over to a depraved mind... Chapter 2 tells us God will judge man for his evil deeds... all mankind is guilty and will be judged accordingly...No exceptions outside of Jesus Christ...

there is none who understands there is none who seeks God...all have turned aside, together they have become worthless

Depressing!... sin has plagued every one of us our entire lives and it will stay with us until we no longer are alive on this earth... In chapters 4 and 5... Jesus Christ is brought into the scene having redeemed the believer from the domination of sins power...

We haven't escaped sin... but sin for the believer has lost its dominance over us... before Christ we were victims of sin... we sinned because we loved it... we sinned because we wanted to...we couldn't help sinning...it was our way of life... we were not "good"...

*"Oh, but I was pretty good before I became a Christian....."*I'm sorry, I stopped short reading Romans 3:12..., **there is none who does good...not even one!** ...but in chapters 4 and 5 we see that God has given us a path to be freed from this bondage of sin... a salvation based on faith in Jesus Christ...

For while we were weak, at the right time, Christ died for the ungodly... God demonstrated His own love toward us in that while we were yet sinners, Christ died for us...

For if while we were enemies we were reconciled to God through the death of His Son, much more having been reconciled we shall be saved by His life...

Therefore having been justified by faith we have peace with God through our Lord Jesus Christ...

Not many Christians argue much up to this point... we all generally agree we were all sinners... we were all lost... But through the blood of Jesus Christ... through faith in Jesus Christ... we are saved... now the arguing begins...

Now that I'm a Christian... what do I do with sin?

- Some say *You have no sin, your sin has been eradicated...you are now in a state of perfection.*

If somebody ever tells you they have reached a state of perfection... talk to their spouse...

- Some say you may not be perfect yet, but you can eventually reach a state of perfection... I haven't met one yet.
- Some say if you sin you are carnal and there are no "carnal" Christians... others say sure there are... Paul called the Corinthian church "Carnal".. they were brothers and sisters in Christ... the arguing continues.

There's more of Romans to help us with this... God gave us through Paul chapters 6 and 7...now listen carefully to this...

In chapter 6, we find out that for the believer, **sin no longer has power over them**...a dominating power... we have been freed from the slavery of sin... Paul says the Christian is **"dead to sin"**... (12) **...do not let sin reign in your mortal body so that you obey its lusts...** **sounds to me like we can decide not to sin...**...sin is a choice?

*You have Christ?...don't let sin reign over you like it used to...*before you had Christ you had no power to resist or to restrain yourself from sinning... but now that you are in Christ... choose not to sin!

(13) **And do not go on presenting your members to sin** which implies that I don't have to keep presenting my members to sin... I can choose not to.... **as instruments of unrighteousness, but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.**¹⁴ **For sin shall not be master over you, for you are not under law but under grace.**

I had a discussion this week about whether or not we, Christians can go through our days not sinning...can we go three, five, ten days without sinning?... ever try to do that?... it was interesting. One said *"oh, I've gone weeks without sinning!"*... I admitted that I've gone days trying not to sin... have you ever tried?

You live through your day and then when you lay down in your bed at night you go back through your day and count how many sins you did... pretty soon what happens is **you become "sin conscious" rather than "Christ conscious"!**

Chapter 6 tells us to make a conscious decision to *not go on presenting our bodies to sin as instruments of unrighteousness... choose to present yourselves to God*...chapter 6 is a warning sign...go on presenting your body to sinful acts... and be a trainwreck...or heed the warning sign and present yourselves to God.

Chuck Swindoll in his book *Flying Closer to the Flame* has a good illustration for this... he said:

If I'm driving on a mountain road and there's a sharp extremely dangerous curve ahead...the county had an option of what to do... they could build a very nice, well equipped clinic at the

bottom of the mountain...and wait for me to come down...meet with them... go through their Xray system, let them put me back together with the help of orthopedic surgeons... or they could put a sign up before that curve that says "Danger Curve Ahead"... "Slow Down".

I can take the advice of that sign...and I should!

Romans 6 is a sign... **"Danger! Sin ahead!...slow down... you don't have to go over the edge! Stop! Consider!** Maybe we all need to make signs like that and put them at every turn we make throughout our days! [What I hope you are beginning to see is that sin is our responsibility and we can choose to do something about it.]

You can say no to sinning... we can choose to not sin.... It's a decision for the Christian... that's Romans 6...EASY RIGHT?... but then, Romans 7 comes along...it says that **sin is still present within me!**... we may have been set free from the bondage of sin... sin no longer has mastery over us... BUT IT IS STILL THERE!...and it has a grip on me!!!

[Some think that Romans seven refers to Paul before salvation, for a saved regenerated person wouldn't sin like this... I totally disagree, it's written in a present tense *and* he says he sins but doesn't want to ... an unregenerate person has no problem sinning... no... chapter seven is the Christian's struggle with sin:

(7:14) **For we know that the Law is spiritual, but I am fleshly, having been sold into bondage of sin...**in other words... I still have a sin nature...

(15) **For what I am doing I do not understand** there are things about our sin and why We sin that we don't understand..., **for I'm not practicing what I would like to do, but I am doing the very thing that I hate...**

Have you ever done that?...OF COURSE YOU HAVE!...did you do it this morning!?...**Romans 6 tells us to choose not to sin**, Romans 7 says **I sin even though I don't want to!**...a big difference between the Christian and the non-Christian is when they sin they just go on... when we sin we yell out YOU BIG DUMMY!!YOU DID IT AGAIN!...THE VERY THING I HATE!

(20) **But if I'm doing the very thing I do not want, I am no longer the one working it out, but the sin which dwells in me!**

(21)I find then the principle that **in me evil is present**—in me who wants to do good...

Sin may no longer have the dominating power over me...but it is still present within me... there is still within me a desire to live DIS-obediently....*I know that when I sin I will not be happy... my sin will not make me be at peace with myself... my sin will hurt me...I KNOW that if I do this I will regret it... it will make me miserable.... But I do it anyway....it kills me!*

Only a Christian will feel like that about sin!...and then he says... get the picture here:

(24) **Wretched man that I am! Who will deliver me from the body of this death?**

Through the centuries, there has been a historical tradition in the church linking this verse with an ancient Roman Punishment for Murder: *Carrying the Corpse*...it is very possible Paul had this in mind when he wrote this. [Greco-Roman Culture and the Galilee of Jesus – Mark A. Chancey]

In ancient Rome, a particularly brutal form of punishment for murder, especially parricide (killing one's father) or parricide (killing any close relative), involved chaining the murderer to the corpse of their victim and forcing them to carry it wherever they went. This practice was meant to be a constant, inescapable reminder of the crime.

The decaying body, stinking and heavy, symbolized the moral and physical burden of guilt. The offender was literally "chained to the corpse," walking or being dragged through public spaces, often in the presence of the community, to serve as a public spectacle and deterrent.

*It reflected the Roman belief that the most heinous crimes — especially those against the pater familias (the head of the household) — threatened the very fabric of society and required the most severe public retribution ...think about that... vivid picture of sinning **against the Father!***

2. *How do we get sin under control?*

(24) **Wretched man...wretched woman that I am! Who will deliver me from the body of this death?**

Romans 8... THE HOLY SPIRIT!... Notice that from Romans chapter 1 all the way to chapter 8 we have not mentioned the Holy Spirit... the Holy Spirit is not mentioned until one verse in chapter 7... but when we get to chapter 8... the Holy Spirit is mentioned 22 times.

The Holy Spirit brings in an entirely new dimension into this equation...Chapter 7:25 concluded **...on the one hand I myself with my mind am serving the Law of God, BUT ON THE OTHER, with my flesh the law of sin...**

BUT NOW THERE IS THE HOLY SPIRIT WHO ADDS A WHOLE NEW DIMENSION TO LIVING...

I don't know if you caught it when I read verse 17 of chapter 4... Paul said **sin dwells in me...** now look at verse 9 chapter 8... **However you are not in the flesh but in the Spirit, if indeed the Spirit of God _____ DWELLS IN YOU.**

We have two things dwelling in us... sin and the Holy Spirit...that being the case... what we have going on inside of us is a very big struggle...let's take a side trip to Galatians 5... it amplifies what Paul is telling us here in Roman... our struggle.

Read Galatians 5:13-15

Notice the call to volition here... Paul is making sure we know we have a part to play in our Christian walk... we have choices and decisions we can and must make... if you are not walking

in the Spirit and you're a Christian... there are things you must decide to do and do them... here's one:

Read Galatians 5:16

Every day...all day long...you make decisions on where and how you are going to walk...You and I are to make a decision to walk by the Spirit...**make that decision... then walk!**... you want to have victory over your flesh?... over your sin?... choose to walk in the spirit...rather than the energy of the flesh...

Listen to the struggle:

Read verse 17

These two forces within us are constantly fighting each other...each are fighting to control us... this is a war!... this war goes on when you go to church....it rages when you try to pray... when you fellowship with other Christians... it's a war!...

Read verse 25

"In Step"— "in step" refers to walking, marching, or dancing so that your movements are synchronized with others.

"In step" means moving in unison with others or being in agreement with ideas, actions, or timing.

Ok... but how **do** we walk in step with the Spirit?...WE SET OUR MIND ON SOMETHING...Back to Romans 8

Read Romans 8:5

You have two choices... and both have to do with your **thinking**... what you set your mind on...sounds like a choice! what you set your mind on determines if you walk in the flesh or in the Spirit...see the relationship between walking and thinking?...

What you set your mind on will determine your walk...Paul says you can either set your mind on the things of the flesh **or the things of the Spirit**...what are the THINGS of the Spirit... there are many, this is what we can see from chapter 8...

Read verses 6-7

Life and peace-- He gives us life (V.11)

Read verse 11

This is one of those verses that mentions all three of the Trinity... **The Spirit** = Holy Spirit, **of Him** God the Father **who raised Jesus** God the Son Jesus Christ...

Grasp this...set your mind on this... **the same Spirit of God who raised Jesus from the dead now lives within you as a believer!**... what Paul is telling us is that now we have the power within us that will help us to resist sin...the same resurrection power that raised Christ from the dead.

How do I win this battle within?... My flesh wants to be fed, but I want to live a life pleasing to God... How do I win this battle?... Paul is saying you have immense power in you... when you feel tempted to let the flesh win over you... remember you have the same power in you that raised Jesus from the dead.

It also means, SINCE I have the power within me that raised Jesus from the dead... to resist temptation... and if I DON'T resist temptation... **it is not for lack of Holy Spirit power it is for the lack of my own will power**.... And what that does is it puts the responsibility on me!...on you.

Every time we give in to temptation... it isn't because that power of temptation was greater than power that resides within you and you just couldn't handle it... it is because you didn't have enough desire to fight.

1 John 4:4 You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.

We are human... we are frail... we are weak... we will fail at times... we will fall to sin... we need to deal with it right when we do... confess it to God...**"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."**1 John 1:9

Confessing your sins to God is important...it's part of the process of walking in the Spirit...you confess your sins not because you need to be forgiven again from another sin... you've already been forgiven... also not to inform God because He didn't know you sinned again... it is for you... to acknowledge and face each sin by confessing it to God will help you to not make that sin a habit... [expound]

So... God giving us the same power that raised Jesus from the dead is both encouraging and challenging... what excuse do we have to yield to sin?... (12) **So then...**in light of that reality, the reality of immense Holy Spirit power in you... **so then, brothers, we are under obligation, not to the flesh, to live according to the flesh...**

(13) For if you are living according to the flesh, you must die, but if by the Spirit you are putting to death the practices of the body, you will live.

What he is saying... you have the same amazing power that raised Jesus... so the flesh does not own you... you are under no obligation to the flesh... so what you are to do is ***"put to death the practices of the flesh"***.

How do I do that?...

I think that most of our failures in yielding to our flesh are a result of our “**feeding our flesh**”...our flesh always is hungry...sin is the food... think of your sinful nature as hungry flesh or a beast wanting to be fed...

What we have to do is to intentionally, volitionally stop feeding the beast... the flesh wants to rule and control... when Paul says **we must put to death the practices of the body**... he is saying we must stop feeding the flesh with our sinful nature...

So often we try to deal with a particular sin directly rather than deal with all the contributing enticements that lead us to sin... so we fail... for instance... one thing that can be very dangerous today... this may not be a problem for you but it has become one for many people... social media...and the apparatus that delivers it... the cell phone.

Social media can be a gateway drug to so many deeper addictions... the sensual things people post... the algorithms that track what you might be tempted to look at... the tempting things that people post... the lies that people post... can influence and feed our flesh and lead us into false thinking, sexual sin, and or a debilitating anxiety over the condition of the world... a plethora of other sins... so maybe that's a good place to stop feeding the flesh...starve the flesh from social media.... Turn it off, block it,

I can't believe you just said that!...I can't live without my social media!.... yeah, but you can die because of it also!... **putting to death the practices of the body**... I'm not telling you to all get off of social media...

1. It could really be a problem leading you down... turn it off, get rid of it.
2. Maybe you just need to reign it in so that it won't begin to feed your flesh.
3. Maybe you do *positive* social media... social media that feed your spirit rather than the flesh... listen to sound biblical sermons...bible studies...

Understand that what you **watch can lead you to sin**... **what you listen to can lead you to sin**...where you go can lead you to sin... the people you hang out with could lead you to sin... **what you eat and drink can lead you to sin**...so the place to start is to deal with the contributing influences that lead you to that sin.

we have to starve whatever is feeding the flesh.

Is that easy?... no!... severing close relationships that are toxic can end up in spending a lot of time alone...***Sin either feels good, taste good, sounds good or looks good***... to get rid of any of it can leave you lonely and bored for a time...*this is no fun!*... use that time to press into Jesus Christ...

Think of all the worthless, wasted, empty hours we spend on the internet, social media, T.V. scrolling our phones... the time that could be converted to spending time with the Lord how much richer would our souls be?

Starving the things that feed our flesh...replacing wasted hours with time in the word.... Feed the soul not the flesh....did I mention you have the same power within you that raised Jesus from the dead?

The Holy Spirit bears witness of us (Vs.15-17)

Read verses 15-17

It is not only important to know “who” you are... more important is to know “whose” you are... when we become a believer... we become a child of God... He adopts us... we come into His family...

Now we call Him **Abba father**... Abba is an Aramaic term and a Hebrew term... it means “Father”... it is found only three times in the Bible... all three in the New Testament... the first time is in Mark 14 in Gethsemane where Jesus addresses God as Abba Father...

Every time Abba is mentioned it is always followed by “Father”... perhaps you’ve been told that Abba is a very endearing casual term meaning “daddy”... If you go to Israel today you will hear young children call their daddy’s “Abba”...

Many think in that we are adopted children of God and we call Him Abba Father it is ok to call God daddy... in Biblical times, Abba wouldn’t have been translated as “daddy”... Abba does refer to having a close relationship with God (as a family member) but it reflects intimacy and reverence....

It would be more like a child addressing their father as “sir”... a term of respect for authority... what Paul is saying here is *you have the same power that raised Jesus from the dead, show respect to your father, you are His. In that you have been adopted into His family you ought to live your life in obedience to Him... not to the flesh.*

One of things of the Holy Spirit is that it is the Holy Spirit makes us aware that we are God’s children... Read verse 16

Remember “whose” you are!...THE MORE WE REALIZE WHOSE WE ARE (the Holy Spirit works in us for this)... THE MORE THAT AFFECTS OUR INNER MOST BEING...WHEN we realize our benefits of being adopted into God’s family, it will affect how we walk... what we set our minds on.

One more thing of the Holy Spirit we should set our minds on is how...

3. The Holy Spirit makes intercession for us (Vs 26-27)

Read verses 26-27

Some interpret these verses as talking about speaking in tongues... **but the Spirit Himself intercedes for us with groanings too deep for words** or *utterances*... groanings being tongues...that's not what this is referring to... *tongues ARE utterances, and this is too deep for utterances.*

So what does this mean?... it means that there are times when you just can't pray... every been there?...

- You are so distraught, so shattered and devastated that you are a puddle on the ground crying out to God... you are beside yourself over some terrible loss, awful news, overwhelming pain, you have no words... all you can do is groan... you can't find words to pray... if you've ever been in that situation... you know what this is talking about.
- You are so spiritually dry... you try to pray but your mind won't let you finish a sentence... you've got much to pray about but you can't get your mind wrapped around prayer... ever been like that?...
- Whenever we are at a complete loss for words... we are so overwhelmed we sit there on the floor half a sentence into our prayer... nothing comes out, can't find the words... got distracted over and over again yet I need to pray!

Think on this thing...The Holy Spirit takes over for you!...He intercedes on our behalf...He connects OUR hearts to the Father!... the Holy Spirit... being God... knows our hearts... we don't even know our hearts!...He does! He knows our every need... He knows what we are going through...

Don't walk according to the flesh... walk according to the Spirit... How?.... THINK RIGHT... **set your mind** on the things of the Spirit...

Life and peace

He gives us life through the same power that raised Jesus from the dead

He testifies to us that we are children of God... giving us strength and confidence on all His benefits...we desire to live a life honoring the Father...

He intercedes for us in our times of greatest need.