



So what does this mean for us practically?

It means three things.

First, if you are in Christ, you need to stop living as though you are still on trial.

There is now no condemnation. The accuser has nothing on you. Your past failures, your secret shame, your recurring weakness - they have already been condemned in the flesh of Jesus. The Spirit does not come to you as a prosecutor. He comes as a liberator. So when the old patterns rise up, when the familiar failures surface, the first word you speak back is therefore.

I am in Christ...there is no condemnation...I am not going back to the courtroom...the case is closed.

Second, freedom from the flesh is not a future goal.

It is a present reality. The law of the Spirit of life has already set you free. This means the Christian life is not primarily about trying harder. It is about trusting deeper. It is about setting your mind on what the Spirit desires. What does that look like? It looks like feeding your mind with truth instead of feeding it with the junk the flesh craves. It looks like bringing every thought captive to Christ. It looks like replacing the old playlist of worry, lust, resentment, and self-pity with a new playlist of gratitude, worship, praise, and truth. You cannot empty yourself of the flesh by willpower. But you can flood your life with the Spirit by intentionality.

Third, and this is the most encouraging truth of all, the power that raised Jesus from the dead is the same power at work in you right now.

When you feel defeated, when the old habit seems stronger than your resolve, remember verse 11. *The Spirit of him who raised Jesus from the dead is living in you.* That is not a metaphor...It is a fact. The resurrection power of God is actively giving life to your mortal body today. So when you face temptation, you are not facing it with your own exhausted willpower. You are facing it with the power of the living God inside you. When you feel the pull of the old operating system, you do not have to fight it alone. You have a new law, a new power, a new life. And that is where we are going in the next three weeks.

Next week we will look at what the Spirit produces when He is in control - the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The week after that we will see how the Spirit empowers each of us with gifts for the building up of the body. And the week after that we will discover how the Spirit unites us across every dividing line. But none of that fruit, none of those gifts, none of that unity is possible without this foundation. Before the Spirit can produce fruit through you, He must first set you free from the flesh...and **He has.**