

Breath of Life

February 25, 2026

HOLY SPIRIT

Craig Smith • March 1, 2026 • Breath of Life

Salvation is not merely a new start, it's a new birth...

*...He saved us through the washing of rebirth and renewal by the Holy Spirit, whom He poured out on us generously, through Jesus Christ our Savior, so that, having been justified by His grace, we might become heirs having the hope of eternal life. (**Titus 3:5b-7**)*

Religion emphasizes behavior modification, but salvation requires heart regeneration - "Jesus answered, 'I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit.'" (**John 3:5-6**)

*Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules: "Do not handle! Do not taste! Do not touch!"?...Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence. (**Col. 2:20-23**)*

• **Jesus sets us free from the penalty of sin (justification)**

and the Holy Spirit sets us free from the power of sin (sanctification) - "...through Christ Jesus the law of the Spirit of life set me free from the law of sin and death." (**Rom. 8:2**)

The great dilemma - we have options - "So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. (**Gal. 5:16**)

• **Option #1 - death in the flesh** - "For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law." (**Gal. 5:17-18**)

*The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. (**Gal. 5:19-21a**)*

• **Option #2 - life in the Spirit** - "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit." (**Gal. 5:22-25**)

We cannot expect supernatural fruit while walking in natural effort - "Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?" (**Gal. 3:3**)

*...where the Spirit of the Lord is, there is freedom. (**2 Cor. 3:17**)*