

I. He Frees Us (1-4)

A. Free from illegitimate guilt (1) – “There is therefore now no condemnation for those who are in Christ Jesus.”

B. Free to stand in assurance (2-4a) – “For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending His own Son in the likeness of sinful flesh and for sin, He condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us...”

C. Free to live transformed lives (4b) – “...who walk not according to the flesh but according to the Spirit.”

II. He Reorients Us (5-8)

A. We think differently (5) – “For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.”

B. We feel differently (6) – “For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.”

C. We respond differently (7-8) – “For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God.”

We no longer respond in hostility, a refusal to submit, an inability to obey God's ways or in patterns that displease Him

III. He Indwells Us (9-11)

A. All Christians are God's house (9) – “You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to Him.”

B. All Christians are empowered (10) – “But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.” **The deadness in our flesh is overcome by the righteousness of the Spirit in us**

C. All Christians are promised victory (11) – “If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.”

IV. He Transforms Us (12-17)

A. We are not slaves to our flesh (12-13) – “So then, brothers, we are debtors, not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.”

B. We are interactive with God (14, 16) – “For all who are led by the Spirit of God are sons of God... The Spirit himself bears witness with our spirit that we are children of God.”

C. We long for closeness with God (15) – “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

D. We have an inheritance in Jesus (16)- “...and if children, then heirs - heirs of God and fellow heirs with Christ, provided we suffer with Him in order that we may also be glorified with Him.”