

The Spirit of Life Lives in You

I. FREE FROM CONDEMNATION

- A. Freedom through the Holy Spirit dwelling in us is the theme of Romans 8. There is NO condemnation in Christ! Being under condemnation robs us of joy and puts us under guilt and shame. There is no reason why you should be under the cloud of condemnation when you are in Christ!
- “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.” (Rom. 8:1-2).***
- B. The law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. There are two laws operating here. A law is something that works consistently every time. Thank God we are under the law of the Spirit of life, and not under the law of sin and death!
- C. The Holy Spirit is our “helper” to help us live in Christ. Jesus promised us that He would send us “another helper” who would dwell in us (Jn. 14:16-17). The word is *parakletos* which means comforter, helper, one called alongside. “Another” means, *another of the same kind!*
- “And I will pray the Father, and He will give you another Helper that He may abide with you forever – the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him – for He dwells with you and will be in you” (Jn. 14:16-17)***
- D. The Holy Spirit is given several different names and symbols in this chapter: He is referred to as the Spirit of life (2), the Spirit of God (9), the Spirit of Christ (9), and the Spirit of adoption (15).

II. COOPERATING WITH THE SPIRIT OF LIFE

- A. There are things we need to do with our mind (Thoughts). It is important that we recognize the connection between what we fill our minds with and how we live out our lives. We can either have a carnal mind set on the things of the flesh, or we can have a spiritual mind set on the things of the Spirit (Rom. 8:5-6).
- “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, the things of the Spirit. For to be carnally minded [fleshly] is death, but to be spiritually minded is life and peace” (Rom. 8:5-6).***
- B. We are promised that the life giving Spirit of Jesus, the same one who raised Christ from the dead, will also give life to our mortal bodies [our basic human bodies]. ***“If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you” (v. 11).***
- C. Christ lives in us! We have exchanged our life for His. Our old “self” is done away with, and our new “self” is hidden with Christ in God. We are crucified with Christ, and we walk in newness of life in Christ! (Gal. 2:20, Rom. 6:4, Col. 3:3).

III. THE SPIRIT OF SONSHIP

- A. Not only are we given a new reference point for living our life through the Spirit of Life in Christ, but we are also given the Spirit of Sonship. Our new relationship with Christ has placed us into the family of God as sons and daughters of Christ the King. We are now Kings Kids!
- “For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba Father’. The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs – heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified with Him.” (Rom. 8:15-17).*
- B. We are born after a new order. We are a new species of being with the Spirit of Life dwelling in and through us, adopted into the family of God. This was part of the plan of God from all eternity, to adopt us into the family of God with “all Access” credentials.
- “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption of sons by Jesus Christ to Himself, according to the Good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved” (Eph. 1:3-6).*
- C. Adoption means we are given all the privileges of an adult now! We can access all the things that belong to us through a loving Father who wants to provide and take care of His family of Sons and daughters!

IV. THE SPIRIT OF PRAYER THROUGH SONSHIP

- A. The Spirit of Life does another things for us: He helps us to pray! Learning a lifestyle of prayer is one of the most exciting aspects of being a Christian. Many never know this privilege. The Holy Spirit, the Spirit of life helps us to pray! Even when we don’t know how.
- “Likewise the Spirit helps us in our weaknesses, for we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercessions for the saints according to the will of God.” (Rom. 8:26-27).*
- B. When we do not know how to pray about a situation, the Holy Spirit does, and He will pray through us with groans coming out of our inner most being. Weaknesses means feebleness of mind or body. One translation interprets “groanings” as expressions inarticulate for speech. In other words, letting the Holy Spirit pray through us in our heavenly language.
- C. The word, “helps” is *synantilambanomai*. To take hold of the other end. The assistance afforded by another. Not only are we made sons and daughters through adoption, but we are sent someone to help us in our weaknesses.