

**So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.**

**- Romans 8:1-2 NLT -**



# Spirit or Flesh?

## Romans 8:5-15

Romans 8:5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God.



# Spirit or Flesh?

## Romans 8:5-15

<sup>9</sup> You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup> But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. <sup>11</sup> And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

# Spirit or Flesh?

## Romans 8:5-15

<sup>12</sup> Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. <sup>13</sup> For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

<sup>14</sup> For those who are led by the Spirit of God are the children of God. <sup>15</sup> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “*Abba*, Father.”



# **Spirit or Flesh?**

## **Romans 8:5-15**

Our answer to the question, “Who am I?” is one of the most essential components of our emotional and spiritual health. Our answer forms what is known as our self-definition.

# Spirit or Flesh?

## Romans 8:5-15

John 1:12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—

1 John 3:1 See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!



# **Spirit or Flesh?**

**Romans 8:5-15**

1 Corinthians 6:19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God's will is —his good, pleasing and perfect will.

**Romans 12:2**







YOU HAVE BRAINS  
IN YOUR HEAD.

YOU HAVE FEET  
IN YOUR SHOES.

YOU CAN  
STEER YOURSELF  
IN ANY DIRECTION  
YOU CHOOSE.

Dr. Seuss



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