**Week of May 12, 2019**

**Romans 8:1-14**

1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. 2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. 3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: 4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. 5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. 6 For to be carnally minded is death; but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. 8 So then they that are in the flesh cannot\* please God. 9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. 10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. 11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. 12 Therefore\*, brethren, we are debtors, not to the flesh, to live after the flesh. 13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. 14 For as many as are led by the Spirit of God, they are the sons of God.

**Understanding the Scriptures**

Today’s lesson focuses on the Holy Spirit. The Holy Spirit was present at the time of Creation. The Holy Spirit is the power behind every Christian who lives by God’s standards. In the Old Testament, people found that they were not able to keep the Law perfectly. Whenever they were disobedient, an animal was sacrificed to God and penalty for their sins. These sacrifices could never offer any permanent covering for human sin. A better sacrifice was needed. God sent His Son, Jesus, as the perfect sinless sacrifice for human sin. Paul teaches about the Holy Spirit and a brand-new way of living free from condemnation. Under the old covenant, people measure their righteousness by their ability to keep the Law. Because no one was able to keep the Law, God’s people remained in their sins. Paul proclaimed that through Jesus, there was no longer any condemnation for sin.

Paul put people into two categories. He discussed people who let themselves be controlled by their sinful nature and people who were controlled by the Holy Spirit. Every day, believers must choose to be led by the Holy Spirit. Simply put, Paul taught that if the sinful nature controls the mind, the result would be death; but if the Holy Spirit controls the mind, the results in life and peace. Sin can only take root in someone’s life if he or she allows it. Through the power of the Holy Spirit, people can overcome sin and live a life that is pleasing to God. A person with his or her mind set on the things of the flesh will not be able to receive the things that come from the Spirit of God. God defeated sin through the work of Jesus on the Cross.

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