

WARM-UP

- Do you have a nickname that you personally like? How did you end up having that name, and who calls you by that name?
- Share a memorable experience of receiving something for free. What made it meaningful for you?
- What is one new skill you wish to learn? Why do you want to learn it?

WORD *¹There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. ³For 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, ⁴in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.* **ROMANS 8:1-4**

In Romans 8, the apostle Paul explains how the work of Christ and our response to Him in faith gave us a new identity—from slaves to the law of sin and death to sons and daughters of God. Because we are now God’s children, we are totally freed from condemnation, and this affects our attitude and actions. We can now also live with the guidance of the Holy Spirit in our lives. The apostle Paul shows the contrast between living according to the flesh, which means the sinful nature, and living by the Spirit. We used to live in bondage to a set of dos and don’ts that we could never fulfill. But because of Jesus and His finished work on the cross, He fulfilled the law and set us free from this bondage. How should we live now in light of our new identity?

1 | Set your mind on the things of the Spirit.

*4. . . in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵For 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. ⁶For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. **ROMANS 8:4-6***

Followers of Jesus Christ have a new mindset. Apart from Him, our default mode is to think according to the desires of the flesh. In Christ, our focus and thinking patterns can revolve around what is pleasing to God. We now also have the Holy Spirit, who transforms our mindsets. This renewed way of thinking will determine how we act and make decisions. How can you keep your thoughts focused on the Spirit every day?

2 | Be led by the Spirit.

For all who are led by the Spirit of God are sons of God.

ROMANS 8:14

Our identity in Christ has changed the way we live. Before, our actions were naturally rooted in our sinful nature. Now, the Holy Spirit can guide us not only in spirituality, but in all aspects of life. Fulfilling the plan of God in our life requires more than just our ability and will; it requires the power of the Holy Spirit. If we want to see our lives produce the fruit of the Spirit, we must walk in His ways. Before we see the wonderful works of God bear fruit in our lives, we need to first ask if we are walking in His ways. What is one area of life you surrendered to the leading and will of the Holy Spirit? How did it change how you live?

APPLICATION

- How can you set your mind on the things of the Spirit? What is one thing you can do this week to deepen your relationship with God as your Father?
- Meditate on Romans 8:14 this week. What is one aspect of your life that will change now that you know that in the Spirit, you have been freed from the law?
- How does living by the Spirit affect how you relate with others? This week, help someone understand the freedom that Jesus Christ offers.

