

Romans 8 - New International Version (NIV)

Life Through the Spirit

*8 Therefore, there is now no condemnation for those who are in Christ Jesus,
2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.*

No condemnation in Christ. “Therefore” indicates a legal conclusion or reasonable result. After all Paul has said he has proven the union between Christ and the believer. This union make the believer beyond condemnation.

Through Christ we are not guilty under the law or under condemnation from sin.

Q. How does the thought of “no condemnation” appeal to you?

3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,

The law is perfect and our flesh is weak so God defeated sin by paying its price through the sacrifice of Christ. Jesus is the sin offering.

4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

Because Jesus fulfilled the **righteous requirement of the law**, and because we are in Christ, we fulfill the law. The law is fulfilled in us in regard to obedience, because Jesus’ righteousness stands for ours. The law is fulfilled in us in regard to punishment, because any punishment demanded by the law was poured out upon Jesus.

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.

The flesh desires:

- Pleasure
- Possession
- Pride

Spirit desires

- God's Word

⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

The result of each realm is clear. Death vs Life and peace.

⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.

When you were ruled by the flesh, before God broke sin's power in your life, you had no choice but to sin. Nothing you ever did pleased God. As believers we have the choice to sin, though we don't always choose right we always have a choice that previously we didn't have.

⁹ 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.

When a person genuinely comes to Christ they receive the Holy Spirit. The indwelling of the Holy Spirit in a person's life is the surest testimony of our relationship as children to God.

The apostle Paul clearly taught we receive the Holy Spirit the moment we receive Jesus Christ as our Savior.

First Corinthians 12:13. At salvation

Ephesians 1:13-14. At salvation

¹⁰ 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. ¹¹ 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.

The promise of eternal life. The promise of a resurrection for believers.
([Daniel 12:2](#); [John 5:28-29](#)).

¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³ 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.

Live as people who are indebted to the Spirit that gives life.

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ 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.”

We have adoption through the Spirit.

Paul uses the term adoption different than we do today. Roman power families adopted the best candidates to rule. They were chosen out and it was an honor. In this way the Spirit brings us into adoption.

Abba is an intimate call, “daddy.”

¹⁶ The Spirit himself testifies with our spirit that we are God’s children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

As adopted sons, we are co heirs with Christ, (our brother) sufferings and glory are two sides of one coin.

Present Suffering and Future Glory

¹⁸ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Oh, what a glorious day is coming for believers in Christ.
The glory revealed is already in us, not something to be given us.

¹⁹ For the creation waits in eager expectation for the children of God to be revealed. ²⁰ For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope ²¹ that the creation itself will be

liberated from its bondage to decay and brought into the freedom and glory of the children of God.

Sin brought a curse upon all creation, creation yearns to be liberated. It will be at the coming of Christ and through the millennial period.

Isaiah 11:6-9 describes this redemption of creation in that day: The wolf also shall dwell with the lamb, the leopard shall lie down with the young goat, the calf and the young lion and the fatling together; and a little child shall lead them. The cow and the bear shall graze; their young ones shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play by the cobra's hole, and the weaned child shall put his hand in the viper's den. They shall not hurt nor destroy in all My holy mountain, for the earth shall be full of the knowledge of the LORD as the waters cover the sea.

²² *We know that the whole creation has been groaning as in the pains of childbirth right up to the present time.*

After childbirth comes life not death ...the earth is not destroyed after the tribulation. Rev 21 is the new earth and new heaven.

²³ *Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.*

We have tasted a little of what God has for us in this realm, one day we will have it all. Including the redemption of our bodies. God does not ignore our physical bodies in His plan of redemption. His plan for these bodies is *resurrection*, when *this corruptible must put on incorruption, and this mortal must put on immortality* (1 Corinthians 15:53).

²⁴ *For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have?* ²⁵ *But if we hope for what we do not yet have, we wait for it patiently.*

Our hope is the appearing of Christ and the commencement of the new age.

²⁶ *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

As we wait in this coming hope, we can grow weak. the Spirit helps us pray. The Spirit that dwells in us intercedes for us in prayer. the word, utterance is translated as “sigh” Mark 8:12 He sighed deeply and said, "Why does this generation ask for a sign? Truly I tell you, no sign will be given to it." It is a wordless groan.

²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

The Holy Spirit intercedes for us and allows us to pray the will of God.

²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹ For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. ³⁰ And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

God's foreknowledge predestined us to Him.

More Than Conquerors

³¹ What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³ Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶ As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.”

³⁷ No, in all these things we are more than conquerors through him who loved us.

³⁸ For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

The chapter begins with the truth that there is no condemnation in Christ and it ends with the truth that there is no separation in Christ.