

Explain in your own words the deep tension that exists between our body and our spirit (v. 10). How will the Holy Spirit ultimately resolve the tension (v. 11)?

In light of what he has written, Paul states that we have an obligation (v. 12). What is our part and what is the Spirit's part in fulfilling that obligation (Romans 8 v. 12 – 17)?

As you look back at this passage, how would you summarize the Spirit's work in our holiness?

How can you cooperate with the Spirit as he keeps you free from the addiction to sin?

Salvation could be described as both a definite act of God and an ongoing process. How do both **justification** and **sanctification** work together to provide the way for living a holy life?

### Something to do NOW

**Thank God that he has delivered you from the condemnation of sin and the guilty conscious it produces.**

**Ask that the Holy Spirit might work in you the joy of being cleansed and forgiven.**

### Something to do LATER

The following verses provide some further insight into the process of sanctification:

**Romans 6 v. 4, 14**

**Ephesians 4 v. 23 – 24**

**2 Thessalonians 2 v. 13**

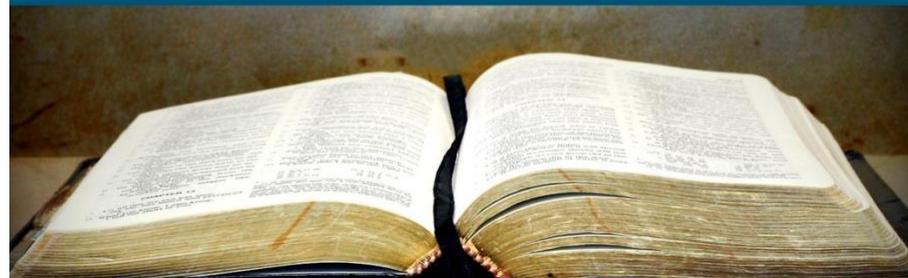
**2 Peter 1 v. 3 – 11, 4 v. 1 – 3**

**Now use the opportunity to PRAY**

# Salendine Nook Baptist Church

## Romans 8 v. 1 – 17

### Wednesday Bible Study



In our Bible Studies we will be using a booklet from 'A Life Builder Bible Study' series. Our overall theme for these studies is: **CHRISTIAN BELIEFS**. The studies were originally written by Stephen Eyre, but we will be modifying them in order that they become more usable for both home study and Church study.

These studies give us the opportunity to study the Bible in a greater depth and to reflect on what it is saying to us.

If you are unable to be with us in church and have decided that you will be doing the studies from home, it is suggested that you do the study on a Wednesday morning, for an hour, starting at 10.30am. Get yourself a tea or coffee, a Bible, pen and paper (for any notes you want to make) and begin studying.

We do hope that you enjoy the studies that have been produced!

Knowing what we believe is foundational to a healthy relationship with God and others. These studies on Christian Beliefs explore what Christians need to understand about some vital topics: **God, Christ, The Holy Spirit, God's Word, human nature, salvation, the church and the 'last things'**.

Having a good grasp of these beliefs will equip us to make sense of the world we live in, strengthen our assurance of our own identity in Christ and direct us to a life of integrity.

## Some Thoughts To Help You While You Study

### The purpose of the study is:

To encourage dependence on the Spirit as we live holy lives.

In Christian Theology the subject of this study is called **Sanctification**. After God declares us righteous, we must live righteous lives. In sanctification we face day-to-day issues of living out our salvation. Christian holiness is a paradox. Although we are freed from the slavery to sin, we still struggle with sin. Although the Spirit leads us towards holiness, the sinful nature tries to pull us back.

Paul declares that we have been delivered from condemnation, freed from the law of sin and death, given the gift of the Spirit and enabled to fulfil the law through the power of the Spirit.

God the Father sends the Son, the Son becomes our sin offering and the Spirit indwells us with presence and power.

Notice Paul's contrasts: those who live according to the sinful nature or Spirit (1) have their **minds** set according to the sinful nature or Spirit (v. 5, (2) do not or do **submit** to God's law (v. 4, 7), (3) experience **death** or **life and peace** (v. 6). All those in Christ have both the Holy Spirit and, therefore, the power to live holy lives.

Old habit patterns of thought must be replaced with new ones. Consider how you have thought '**Christianly**' about your life. We must educate our minds to think properly. This also includes our actions and attitudes. Later on in **Romans 12 v. 1 – 2** the apostle will call us not to be conformed to the world but transformed by the renewing of our minds. In our lives, we need to expect a tension, even a struggle, within us as we seek to follow the Lord. Our struggle is both outward and inward. Just knowing that removes confusion and opens the way for strength. Secondly, we are given hope. One day Christ will give life to our bodies. That hope is a source of strength and power – as a runner finds reserves of energy he didn't think he had as he dashes towards the finish line.

We must choose not to sin, and we must be responsive to the prompting of the Spirit. The Spirit will guide and prompt us to live righteously.

### A Space To Make Some Notes:

## STUDY 8 FREEDOM TO BE HOLY

Addiction is slavery. We start out enjoying what later becomes a habit we can't break. Whether it is food, drugs or alcohol, there is a humiliating bondage to anything that controls us. Sin is an addiction. We may choose to do some action that we know to be wrong but seems to be pleasurable. We think we can stop whenever we choose but soon discover that we have desires that overcome our will to resist.

**PERSONAL REFLECTION:** *By the end of the first thousand years of Christian history, the church had identified seven deadly sins: **Envy, Lust, Sloth, Pride, Greed, Gluttony and Hate**. What is 'deadly' about each of these sins?*

*Are there any of the seven deadly sins that you especially struggle with? How has God been working in your life to deliver you?*

Once God has broken the power of sin through justification (**study 7**), he now leads us into the battle to stay free from sin. The classic term for this is **Sanctification**.

Read Romans 8 v. 1 – 17

### QUESTIONS TO THINK ABOUT:

What resounding good news does Paul declare to those who struggle with sin (**Romans 8 v. 1 – 4**)?

How does deliverance from the condemnation of sin (v. 1) contribute to our deliverance from the act of sin?

God is not willing to leave us in a desperate state of condemnation. According to **Romans 8 v. 1 – 17**, how is the entire Trinity – Father, Son and Spirit – involved in our deliverance?

What contrasts does Paul make between those who live by the Spirit and those who live by their sinful nature (**Romans 8 v. 5 – 8**)? How can we know which description applies to us (v. 9)?

Paul states that Christians do not live according to the sinful nature (v. 4) and are not controlled by the sinful nature (v. 9). How does that fit with your experience?

According to Paul, what role does the mind play in a life of sin or a life of righteousness (**Romans 8 v. 5 – 8**)? How have you observed the role of the mind in your own combat with sin?

In living righteously, what is the difference between setting our minds on the Spirit and sheer willpower?