



11/26/25

I am always amazed when I study passages that I know pretty well. I've studied Romans 8 many times. I was required to memorize it for a class years ago. And yet, almost every time I study a passage like this, God is able to show me more! It's like studying all the facets of a diamond... how the light reflects different colors and how it looks even more brilliant when surrounded by light. I'm looking forward to seeing what God will show me today. Maybe He'll just reinforce something I already know but need to be reminded of... or maybe He'll show me something I've never seen before. Whatever it is, I know He'll meet me here in these words, because these words are His. And just like I want to be known, He wants to be known... not just so I can say I know Him, but so I can live in a deep, intimate relationship with Him. He is so good. I pray you will find a sweet time of revelation with the Lord as well.

*Blessings,
Jonna*

Romans 8:1-13

This passage starts out with the word, "therefore", so I have to look back to see what the therefore is there for. In chapter 7, Paul lamented over the fact that he couldn't do what's right all the time. He wanted to be perfect and perfectly obey God, but he did the very things he didn't want to do. This was surely him speaking as a believer in Christ, because an unbeliever doesn't care if God is pleased with what he does. It's not on his radar.

I can almost hear Paul crying out as he ended the chapter with the words, "Wretched man that I am! Who will deliver me from this body of death?" If Paul could put emojis in the Bible, he probably would have added... 🙄😭😭😭.

But he also celebrated the answer to his cry... "Thanks be to God through Jesus Christ our Lord!" NOW we get to the "therefore..."

Vs. 1-2 ~ "There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death."

There is no... none... zilch... condemnation... no wrath of God to be brought down on those who have confessed Jesus as Lord, who have believed in His name for salvation. Colossians 2:13-14 says that He forgave us ALL our sins and canceled the record of debt against us... nailing it to the cross. 1 Corinthians 4:5 says that when God returns to take us home He will COMMEND us for our faith, not condemn us. This is so awesome... and yet so hard for me to grasp because I continue to sin against Him every single day. That is the miracle of His grace... lavished on all who call on Him in truth.

Living by the law could not save me because living by the law requires absolute obedience without fail. There is only one who did that... Jesus Christ. He brought in a new law... the law of the Spirit. HIS law set me free IN CHRIST JESUS from the law of sin and death.

Jesus is the only way to freedom. And Jesus has given me the way to freedom. Freedom FROM sin and all its consequences. My job is not to sit in shame when I sin, and certainly not to justify my sin. My job is to confess my sin and praise God for His mercy.

Vs. 3-4 ~ "For 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, 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."

The law could not save me because I could not fulfill the righteous requirement of the law. But Jesus could, and Jesus did... with His own blood. Jesus didn't go rogue. He willingly went on behalf of the Father.

Through Jesus, the Father condemned sin in the flesh. How? By putting on Jesus the punishment I deserve... by having Jesus pay my debt that I could never pay. Being redeemed from my debt took someone fulfilling the righteous requirement of the law... AND it took someone taking the wrath of God poured out for all unrighteousness on someone who was worthy. His Son was the only answer. He was the only one who was worthy. This is the generosity of love.

Who receives this incredible redemption from eternal punishment??? Those who "walk not according to the flesh but according to the Spirit." I cannot muscle my way to earning this gift. I can only turn from living for the flesh... SELF... and turn to being filled with the SPIRIT.

Why is living in the flesh so bad??? The next verses tell me...

Vs. 5-8 ~ "For 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. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God."

Every time I try to do two things that occupy my mind at once, I find that I can't do either of those things. I stop being able to say what I'm trying to say because I'm also thinking about something else. Then I stumble over my words and have to slow down and do one thing at a time. In the same way, I cannot give my attention both to my flesh... that part of me that is all about me... and the Spirit at the same time. And I absolutely cannot LIVE according to the flesh and the Spirit at the same time. They are in direct opposition to each other.

The things of the flesh

- *Lead to death*
- *Are hostile to God*
- *Are rebellious against God*

- *Cannot please God*

The things of the Spirit

- *Lead to life and peace*
- *Align with God's word*
- *Please God*

Those who LIVE according to the flesh are those who have not confessed Jesus as Lord.

Those who LIVE according to the Spirit have confessed Jesus as Lord and have been sealed by the Spirit and set free from the law of sin and death.

It's very black and white... and yet I know from what Paul said in chapter 7, believers still sin... they still struggle with the flesh. That's the big difference... Those who live according to the flesh don't struggle with it. It's what they want. It's not about WHAT they do necessarily, but WHO they do it for. There are lots of good people who do humanitarian things and are still living according to the flesh because they do it for SELF and not as beloved servants of Christ. The transformation process of being sanctified in Christ is learning to SET MY MIND on the Spirit and not on the things of my flesh. Even trying to do good things in my own strength is working for my flesh. I'm so grateful that God does not condemn me for this!!! But He rescues me from it!!!

Vs. 9-11 ~ "You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to Him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit

who dwells in you."

Ephesians 1:13-14 tells me that "when I heard the word of truth, the gospel of my salvation, and believed in Him, I was SEALED with the promised Holy Spirit, who is the GUARANTEE of my inheritance until I acquire possession of it, to the praise of His glory." The Spirit has sealed me as a constant reminder that I have a new home in heaven and someday God is going to bring me home with Him. When I confessed Jesus Christ as my Lord and Master, I received His Spirit.

If anyone says they know God but refuse to confess Jesus as Lord, they have not and cannot receive His Spirit, and therefore, do not belong to Him. JESUS is "the way, the truth, and the life. No one comes to the Father except through Him" (John 14:6). BUT because I HAVE confessed Jesus as my Lord and I HAVE received the Holy Spirit as a seal of my salvation, even though my mortal body is temporary and will die, the Holy Spirit has given me life... eternal life... because I have received the righteousness of God as a gift (Romans 5:17). I did not and cannot earn my righteousness, but He gave it to me.

Because the Lord raised Jesus from the dead, and I have been crucified with Him (Romans 6), God gives eternal life to my body through His Spirit who dwells in me. I have seen the illustration of a glove. A glove has the shape of a hand, but it is lifeless without a hand in it. I am a glove. The Holy Spirit is the hand that gives me life... eternal life with Father, Son, and Holy Spirit forever. In Philippians 3:20-21, Paul says that God is going to transform this body of mine to be like His glorious body when He takes me home to heaven. This earth is not my home. I've been adopted and God has given me a new home. I'm just not there yet. But I will be, because God never breaks His promise, and I have the Holy Spirit dwelling in me and leading me as my constant reminder of the truth.

Vs. 12-13 ~ "So then, brothers, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live."

So... as a believer in Christ, this side of heaven, I still have the capacity to sin. Ugh! I wish I didn't!!! But even though I still struggle with sin (1 John 1 tells me that if I say I don't struggle with sin, I'm a liar), I am not LIVING for sin or the flesh. It is only by the help of the Spirit that I will be able to crush my flesh and not give in to sin.

My goal cannot be to live as close to the flesh as I can get away with... If I truly understand the grace and mercy of God and the punishment I deserve but will never face... I will be repulsed at the idea of purposely doing the very things Jesus had to die for. O Lord, there really is only one response to this passage... Set my mind on the Spirit and live according to Him. Holy Spirit, please expose the desires of my flesh so that I can surrender them to You. I know You are completely aware of my wrong desires, but You don't condemn me for them. You help me overcome them. Praise Your name!