

# VIII

## The Flesh and The Spirit

### ROMANS 8:5–13

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. <sup>6</sup> For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. <sup>7</sup> 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. <sup>8</sup> Those who are in the flesh cannot please God.

<sup>9</sup> 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. <sup>10</sup> But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. <sup>11</sup> 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.

<sup>12</sup> So then, brothers, we are debtors, not to the flesh, to live according to the flesh. <sup>13</sup> 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.

JOHN 15:1–11

I am the true vine, and my Father is the vinedresser. <sup>2</sup> Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. <sup>3</sup> Already you are clean because of the word that I have spoken to you. <sup>4</sup> Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. <sup>5</sup> I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. <sup>6</sup> If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. <sup>7</sup> If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. <sup>8</sup> By this my Father is glorified, that you bear much fruit and so prove to be my disciples. <sup>9</sup> As the Father has loved me, so have I loved you. Abide in my love. <sup>10</sup> If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup> These things I have spoken to you, that my joy may be in you, and that your joy may be full.

READ | ROMANS 8:5-13

THINK ABOUT

Notice the differences between the flesh and the Spirit. They are diametrically opposed to each other.

Those who are in the flesh cannot please God. But followers of Christ are “in the Spirit” (vv. 8–9). One of the characteristics of true believers is that they are indwelt by the Spirit of Christ (v. 9). Consider the tremendous difference this means between the saved and the unsaved. As we yield to the Spirit, we will “put to death the deeds of the body” (v. 13).

Compare this passage with John 15:1–11.

APPLY

Each day set your mind on the things of the Spirit. Confess to God the times you pursue the things of the flesh.

Think of the consequences of living according to the flesh compared with the fruit of living according to the Spirit.

Experience that supernatural peace when you set your mind on the Spirit (v. 6).

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

ASK

What are some of the characteristics of “the flesh” which characterized your life before coming to Christ?

What does it mean to “set your mind on the Spirit”?

Is every follower of Jesus indwelt by the Holy Spirit? Filled by the Spirit?

PRAY

*Help me today to set my mind on the Spirit.*

*Thank you for the Spirit of Christ who indwells me.*

*Thank you for the eternal life that I have in Christ.*



“Spirit of the Living God” — *Iverson*

# “THE FLESH AND THE SPIRIT”

Romans 8:5-13

Dotted lines for note-taking.