Lesson 10: Life in the Spirit

The Holy Spirit frees us from the law of sin and death

Study at a Glance: The 5 W's

Key Area	Details and Summary
WHO (Author & Audience)	The Apostle Paul wrote this letter through the inspiration of the Holy Spirit to the early believers residing in Rome, comprising both Jewish and Gentile followers of Christ.
WHAT (Core Message)	The Holy Spirit liberates believers from the destructive power of sin and spiritual death, enabling a new life of freedom, inner peace, and godly living.
WHEN (Timing)	Authored approximately A.D. 57–58.
WHERE (Location)	Written from Corinth while Paul was undertaking his third missionary journey.
WHY (Rationale)	To explain how the Holy Spirit breaks the cycle of human spiritual weakness, removes legal condemnation, and grants life to those aligned with God's Spirit.

Introduction

Imagine purchasing a brand-new appliance. It comes with an instruction manual explaining exactly how the appliance should operate. The manual tells you what to do, what settings to use, and how to get the best results.

However, the manual cannot make the appliance work. You can read every instruction, memorize every step, and understand exactly how it is supposed to function. But without a power source, the appliance will not operate.

God's law is like the instruction manual. It reveals God's righteous standards and shows us what

is right. But knowing what God requires does not, by itself, give us the power to overcome sin.

God did not leave us without help. Through Jesus Christ, He provided deliverance from sin, and through the Holy Spirit, He provides the power to live according to His will.

The Holy Spirit does not eliminate our responsibility to obey God. Rather, He empowers us to live the life God has called us to live.

Opening Reflection: Have you ever known exactly what you needed to do but struggled to follow through? What made it difficult to do what you knew was right?

Section 1: The Struggle with Sin (Romans 7:14–23)

Key Concept: The inner battle with sin demonstrates that human self-effort and external laws cannot overcome the pull of our fallen human nature.

Word Study

- **Select the Word:** Choose a significant term from the Bible passage (e.g., *Carnal/Fleshly* or *Captivity*).
- **Find the Original Word:** Look up the original Greek word along with its precise definition.
- **Read the Immediate Context:** Read the verse before and after to get an understanding of what's happening.
- **Trace the Word Through Scripture:** Look at how the exact same word is used in other books or passages of the Bible.
- **Compare and Apply:** Write a summary sentence on what it means to you.

Multiple Choice Questions

1. According to Romans 7:14, how does Paul describe the law and himself?
   A. The law is spiritual, but he is affected by sin.
   B. The law is weak, and he is spiritually perfect.
   C. The law is unnecessary, and he is free from all struggle.
   D. The law and human nature have the same purpose.

2. Jalen Hurts knows what God expects, but he repeatedly finds himself doing things he does not want to do. According to Romans 7:19–20, what does Paul's experience illustrate?
   A. A person's intentions are more important than their actions.
   B. The struggle between good intentions and sinful actions reveals the influence of sin.
   C. God's standards are impossible and should be disregarded.
   D. A person can overcome sin simply by making stronger personal commitments.

3. What does Paul recognize in Romans 7:18?
A. He wants to do what is right but struggles to carry it out.
B. He has already overcome every sinful desire.
C. He has no interest in doing what is right.
D. His intentions are more important than his actions.

4. Saquon Barkley wants to forgive someone who hurt him, but he keeps returning to feelings of anger and resentment. What does this struggle illustrate?
A. The desire to forgive means the process is already complete.
B. Forgiveness is unnecessary when someone has been hurt.
C. He should ignore the situation forever.
D. Wanting to do what is right does not mean the struggle will disappear immediately.

5. According to Romans 7:21–23, what does Paul discover about the relationship between his desire to do good and the presence of sin?
A. Sin only affects people who do not know God's law.
B. The desire to do good eliminates the possibility of sinful behavior.
C. Sin operates as a conflicting power that wages war against the desire to do what is right.
D. The law itself creates the desire to sin.

Section 2: No Condemnation (Romans 7:24–25; Romans 8:1–4)

Key Concept: Deliverance from spiritual guilt and defeat comes exclusively through Jesus Christ, who fulfilled the Law and set believers free through the Spirit.

Word Study

- **Select the Word:** Choose a significant term from the Bible passage (e.g., *Condemnation* or *Fulfill*).
- **Find the Original Word:** Look up the original Greek word along with its precise definition.
- **Read the Immediate Context:** Read the verse before and after to get an understanding of what's happening.
- **Trace the Word Through Scripture:** Look at how the exact same word is used in other books or passages of the Bible.
- **Compare and Apply:** Write a summary sentence on what it means to you.

Multiple Choice Questions

6. How does Paul respond to his question, “Who shall deliver me from the body of this death?”
   A. By creating more rules to follow.
   B. By thanking God through Jesus Christ our Lord.
   C. By depending on his own strength.
   D. By relying on his religious background.

7. Dallas Goedert has repented but believes God has rejected him and that he can never move forward. How does Romans 8:1 speak to his situation?
   A. He should pretend the mistake never happened.
   B. He has no responsibility for his actions.
   C. If he is in Christ, he is no longer under condemnation, although he may still need to address the consequences of his actions.
   D. His continued feelings of guilt prove that God has rejected him.

8. According to Romans 8:2, what sets believers free?
   A. Human progress and education.
   B. Strict enforcement of religious rules.
   C. The absence of temptation.
   D. The law of the Spirit of life in Christ Jesus.

9. According to Romans 8:3, why could the law not accomplish what was needed?
   A. Human weakness meant the law could not overcome sin, so God sent His Son to deal with sin.
   B. God changed His mind about the law.
   C. The law was sinful and had no purpose.
   D. People no longer need standards for living.

10. Jordan Davis wants to please God and understands that following rules alone cannot change his heart. What does Romans 8:4 teach?
    A. He should stop trying to live according to God's Word.
    B. He should depend on the Holy Spirit to live according to God's righteous standards.
    C. He should focus on judging the behavior of others.
    D. His actions no longer matter.

Section 3: The Indwelling Spirit (Romans 8:5–11)

Key Concept: Living by the Holy Spirit brings spiritual life, peace, and resurrection power, whereas a mindset focused solely on fallen human nature leads to separation from God.

Word Study

- **Select the Word:** Choose a significant term from the Bible passage (e.g., *Mindset* or *Indwelling*).
- **Find the Original Word:** Look up the original Greek word along with its precise definition.
- **Read the Immediate Context:** Read the verse before and after to get an understanding of what's happening.
- **Trace the Word Through Scripture:** Look at how the exact same word is used in other books or passages of the Bible.
- **Compare and Apply:** Write a summary sentence on what it means to you.

Multiple Choice Questions

11. According to Romans 8:5, what determines whether a person is living according to the flesh or according to the Spirit?
    A. The religious traditions a person follows.
    B. The amount of time a person spends attending church.
    C. The person's focus and the things that occupy their mind.
    D. The ability to avoid every difficult situation.

12. What does Romans 8:6 teach about the results of these two mindsets?
    A. Both mindsets produce the same result.
    B. The fleshly mind produces peace, while the spiritual mind produces confusion.
    C. A fleshly mindset is acceptable as long as a person attends church.
    D. The fleshly mind leads to death, while the spiritual mind leads to life and peace.

13. Jordan Mailata believes in God but insists on following his own desires. He becomes frustrated whenever Scripture challenges his choices. What does Romans 8:7 help explain?
    A. The fleshly mind resists God's authority and does not naturally submit to Him.
    B. Belief in God makes every personal desire acceptable.
    C. God's Word only applies when it agrees with someone's plans.
    D. A person can live independently of God and still be Spirit-directed.

14. According to Romans 8:9, what identifies those who belong to Christ?
A. They are never tempted.
B. The Spirit of God dwells in them.
C. They have achieved complete perfection through personal effort.
D. They no longer need to grow spiritually.

15. Jake Elliott is physically weak and discouraged. As he reads Romans 8:11, what promise can he take from the passage?
A. Believers will never experience illness or physical weakness.
B. Every difficulty will end immediately.
C. The Spirit who raised Jesus gives spiritual life and assures believers of future resurrection.
D. Physical death means God's power has failed.

Closing:

Remember the appliance and its instruction manual. The manual could explain how the appliance should operate, but it could not supply the power needed to make it work.

In the same way, God's law reveals His righteous standards, but it cannot overcome the power of sin in our lives. God provided what we could not provide for ourselves. Jesus Christ delivered us, and the Holy Spirit empowers us.

We are not left to struggle in our own strength. We have been given the presence and power of the Holy Spirit to help us live according to God's will.