

Lesson 11 ~ Romans 8:1-17

NIV

1 Therefore, there is now no condemnation for those who are in Christ Jesus, **2** because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. **3** For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, **4** in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

5 Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; **7** the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. **8** Those controlled by the sinful nature cannot please God.

9 You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.

10 But if Christ is in you, your body is dead because of sin, yet your spirit is alive 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 through his Spirit, who lives in you.

12 Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. **13** For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, **14** because those who are led by the Spirit of God are sons of God. **15** For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."

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.

NLT

1 So now there is no condemnation for those who belong to Christ Jesus. **2** For the power of the life-giving Spirit has freed you through Christ Jesus from the power of sin that leads to death. **3** The law of Moses could not save us, because of our sinful nature. But God put into effect a different plan to save us. He sent his own Son in a human body like ours, except that ours are sinful. God destroyed sin's control over us by giving his Son as a sacrifice for our sins. **4** He did this so that the requirement of the law would be fully accomplished for us who no longer follow our sinful nature but instead follow the Spirit.

5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. **6** If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace. **7** For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. **8** That's why those who are still under the control of their sinful nature can never please God.

9 But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them are not Christians at all.) **10** Since Christ lives within you, even though your body will die because of sin, your spirit is alive because you have been made right with God. **11** The Spirit of God, who raised Jesus from the dead, lives in you. And just as he raised Christ from the dead, he will give life to your mortal body by this same Spirit living within you.

12 So, dear brothers and sisters, you have no obligation whatsoever to do what your sinful nature urges you to do. **13** For if you keep on following it, you will perish. But if through the power of the Holy Spirit you turn from it and its evil deeds, you will live. **14** For all who are led by the Spirit of God are children of God.

15 So you should not be like cowering, fearful slaves. You should behave instead like God's very own children, adopted into his family—calling him "Father, dear Father." **16** For his Holy Spirit speaks to us deep in our hearts and tells us that we are God's children. **17** And since we are his children, we will share his treasures—for everything God gives to his Son, Christ, is ours, too. But if we are to share his glory, we must also share his suffering.