



## SUPERNATURAL

### Week 5 | Living in the Power of the Holy Spirit

#### | KEY THOUGHTS

- **The world defines freedom: me in charge**, no guardrails or constraints.
- If I am **in Christ**, I have **no condemnation**, but have true freedom.
- “Condemnation” is **living under the weight of guilt and judgment**. A condemned person has been judged guilty and is awaiting punishment; a condemned building has been judged unsafe and is awaiting demolition. It’s a terrible weight!
- **God sent his Son to set me free, and the Son sent the Holy Spirit so I can *live* free!**
- When Paul writes about the flesh, he’s referring to my desire for independence from God so I can call the shots myself. That is, **separation from God**.
- There is no freedom in separation from God; **living under the weight of my condemnation is not freedom!**
- **The Holy Spirit gives me the freedom to deny my flesh and its desires** that are opposed to God, and to please God instead of rebelling against him.
- **If I don’t sense the Holy Spirit transforming me, I’m not a disciple of Jesus and am still under condemnation.**
- **Living in the power of my own ability is religion, which leads to death; living in the power of the Holy Spirit leads to complete transformation of my life.**
- Jesus took ownership of all my sin—every bit of it!—and in exchange, he gives me his righteousness; **he took my brokenness and gave me his righteousness as if it were mine.**
- This leads to a whole new lifestyle, one in which **it’s all about Christ, not me.**

## | SCRIPTURE

<sup>1</sup> There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup> For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. <sup>3</sup> 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, <sup>4</sup> 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. **Romans 8:1-4 (ESV)**

Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. **Romans 5:18 (ESV)**

<sup>5</sup> 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 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. **Romans 8:5-8 (ESV)**

<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. **Romans 8:9-11 (ESV)**

<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. <sup>14</sup> For all who are led by the Spirit of God are sons of God. <sup>15</sup> For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" <sup>16</sup> The Spirit himself bears witness with our spirit that we are children of God, <sup>17</sup> and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. **Romans 8:12-17 (ESV)**

## | PRACTICAL

- If you're weighed down by sin, guilt, and remorse, the pathway to freedom is NOT trying harder; it IS setting your mind on the Spirit, through:
  - Engaging in the Scripture;
  - Inviting the Spirit to transform your thinking, laboring in prayer;
  - Allowing the Spirit to bear in your life his fruit, which is the supernatural outflow of your relationship with him;
  - Using the supernatural gifts the Spirit gives you to serve others, so that they will in turn set their minds on the Spirit.
- Realize that saying "Yes" to Jesus leads to a complete reorientation of life; I will no longer be awaiting demolition, but will be an heir of God, the perfect Father to whom I can come for help at any time.
- Ask the Holy Spirit to help me understand that there's nothing I could possibly do to make God love me any less, nor any more; God loves me fiercely, right now, at this moment!

## | REFLECT

- Am I consumed with regret, shame, bitterness, or things that have happened to me in the past? How could my life be different if I invited Jesus to take all that from me and give me new life?
- How might God use me if I invited the Spirit to give me victory over self-centeredness?
- What would it be like if I could enjoy the Fatherhood of a God who has plans for me that are only for my good, a Provider who gives only good gifts (even when they don't seem very good at the time)? How might I face life's hardships differently with a greater understanding of that?
- What is preventing me from stepping into the life purpose God created me for?

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