

**POWERLIFTING**  
**Romans 8:9-16**  
**Life in the Spirit**

-Have you ever been in a tense situation and someone says,  
“Maybe, it’d be better if I leave.”

-Awkward moment...

-But what if Jesus said that? “Maybe, it’d be better if I leave”

-Noooo...Jesus, don’t go! Please stay. I’ll change!

-In John 16 Jesus was talking to his disciples and telling them that  
he’d be going back to heaven.

-He was preparing them for the reality, that he’d be gone.

-Jesus leaving them was a ***very big deal!***

-These 12 men had left everything to follow him and suddenly he  
announces he’s leaving them. Here’s what he said:

John 16:7 “But in fact, it is best for you that I go away...”

-Imagine what they thought when he said that!

-What do you mean it’s ***best for us*** if you leave?

-How could that possibly be true?

-How could NOT HAVING JESUS AROUND...be better for anyone?

-Please catch this because it’s critical for understanding our  
Romans 8 passage today.

John 16:7 “But in fact, it is best for you that I go away, because if I  
don’t, the Advocate won’t come. If I do go away, then I will send  
him to you.” (*Advocate is a name for the Holy Spirit*)

-Whatever you may think about the Holy Spirit today...I’m going  
to challenge you to think again. Think bigger. Think loftier.

-Think about what Jesus said.

-Because Jesus said it would be better for his followers to have  
the Holy Spirit ***IN*** them, than to have Jesus ***WITH*** them.

-Which must mean, that having the Holy Spirit is awesome!

-As we look at our second chunk of Romans 8 today we’re going  
to see what the Holy Spirit does for us.

-And this is some heavy Bible stuff. We’re digging deep into a  
complicated and theologically heavy section of Scripture.

-We’re doing some powerlifting in God’s Word today.

Rom 8:9 “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 do not belong to him at all.)

10 And **Christ lives within you**, so even though your body will die because of sin, the Spirit gives you life 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 God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit **living within you**.

12 Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. 13 For if you **live** by its dictates, you will **die**.

But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. 14 For all who are led by the Spirit of God are children of God.

15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

16 For his Spirit joins with our spirit to affirm that we are God's children. 17 And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering."

-Last week we discussed the difference between the old self controlled by the sinful nature and the new self; controlled by the Spirit of God. If you missed it, get online or the mobile app.

-Verse 9 concludes that train of that by stating emphatically.

Rom 8:9 "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 do not belong to him at all.)

### **The Holy Spirit lives in us. (vs 9)**

-This is why it was better for us that Jesus to return to heaven.

-As a man living on earth, there isn't enough Jesus to go around!

-As 1 person, in 1 place, Jesus could never meet all of our needs.

-Some of you feel that way! "I can't be in 3 different places at once!" Well, try being Jesus!

-The Bible has numerous accounts of crowds just mobbing Jesus.

-Overwhelming them with their needs, their questions, struggles.

-Sometimes Jesus had to hide out just to be able to pray.

- Jesus couldn't be everywhere, all the time, for all people.
- And that wasn't his plan. That's where the Holy Spirit comes in.
- In today's passage we are told 4 times the Holy Spirit lives in us.
- The Spirit of God is not just with us wherever we go! He's in us!
- Jesus **left** to return to heaven, but he didn't **leave us** alone!
- He left the Spirit of God to take up residence in our hearts.
- \*See 1 Cor 6:19–20 says we are the temple of the Holy Spirit.
- Body builders, fitness freaks and health nuts sometimes say "my body is a temple"*
- We can say accurately say to them, "Mine is too."*
- But our body is not a temple built by cardio and weights, it's the place where the Spirit of God resides.*
- When you have that moment of conversion...that moment when you find saving faith in Jesus Christ....
- At that very moment, the Holy Spirit takes up residence in your heart. He lives in you!
- And it's worth asking "what exactly does that mean?"
- Your first study question for this week is this:
- Study Question 1: What are some ways you see the Holy Spirit working in your life?**
- And people have some notions about the Holy Spirit that I want to discuss. Let me give you four wrong understandings:
- Hall Monitor:** the Holy Spirit as God's operative; lurking and spying in the background.
- He's keeping track of all your naughty thoughts, and bad deeds and critical attitudes.
- He is tattling to God about you. So the Holy Spirit, in that Hall Monitor view is a source of guilt/shame. (not right)
- Fire Extinguisher:** He's there in case of emergency.
- The Holy Spirit is only activated in times of extreme need.
- You only feel his presence when something is horribly wrong or you are desperate for God. (not right)
- I hate saying this but many Christians treat the Holy Spirit like a **Good Luck Charm:** They **TRULY DON'T EXPECT** him to do anything for them, but they feel good thinking that he is there.
- And then there are people who treat the Holy Spirit like he is **Diplomatic Immunity card:** They can say anything, claim anything, justify anything...by just playing that Holy Spirit card.

-The Spirit gave me permission to do that thing the Bible says I shouldn't be doing. And...

-The Spirit told me to switch churches because you called me on it

-The Holy Spirit told me to tell you you're dumb.

-Those are only slight exaggerations of things I've actually heard.

-If you listen carefully to what people say about the Spirit, you catch all kinds of crazy incorrect things.

-Here is what the Holy Spirit living in us is really like (Catch this)

-The Holy Spirit is The Best Friend you'll ever have.

-And I know that might sound cheesy. I googled it and this nice Christian picture came up.

-But it's true and it's the most important thing for you to catch today. The Spirit of God is the best friend of the believer.

-And he is living and working in us and through us and for us.

-Let me just share 2 Holy Spirit examples from my week:

**1. Sunday** our custodian \_\_\_\_\_ gave me his notice because he's moving.

-On Monday I was racking my brain and I reached out to a young couple in our church...it was totally random. (I thought)

-I asked if they were interested in that weekend custodian job.

-And they said on Sunday, they had to choose between paying a bill and tithing and they chose to tithe.

-And then the next day I call with a job offer!

**-That is the Holy Spirit at work!**

-He was working in me, working in them, working things together for the good of those who love God. (That's in Romans 8!)

**2. Monday** I got a call from \_\_\_\_\_.

-A couple weeks ago he told me that he was going to start the training to be a chaplain at the hospital.

-He was scared to do it but felt like the Holy Spirit was leading him to try it out.

-And he called me on Monday and told me he had a chance to share the message of Jesus Christ with a man who is terminally ill and dying.

-That man heard the call of the Holy Spirit and received Christ as his Lord & Savior...and he was able to do that because Rod heard the call of the Spirit and decided to act.

-The spirit is alive and working in the lives of believers!

-The Spirit is the Best Friend you've ever had and he...works in big and small ways all the time.

-Here are some highlights about the how the Holy Spirit works:

-John 14:26 says the Holy Spirit will teach us and remind of the things that Jesus said.

-John 14:15 says that He is the Spirit of Truth and a helper

-Romans 8:26 (we'll get to this next week) says the Spirit helps us in our weakness.

-And when we don't even know what to pray...the Spirit takes the cries of our heart right to God for us.

-Titus 3:5-6 says the Spirit renews us.

-John 3 says the Holy Spirit is the means by which we R born again

-He gives us wisdom when we don't know what to do.

-He grants us peace in the midst of crisis. (Php 4)

-He gives us words when we don't know what to say. (Mt 10:19)

-He nudges us toward the things of God (Ez 36:27)

-He convicts us when we're wandering away. (John 16:8)

-He gives us assurance in moments of doubt, and confidence when we're afraid.

-The Spirit is ***literally***...God's presence abiding in us!

-He is always there, he has unlimited wisdom, power and insight.

-He's the best we've got!

***Verses 10-11 -I've only gotten through one verse!***

10 And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life 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 God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

**The Holy Spirit gives life to our dead bodies. (vs 10-11)**

-Last week we saw that the sinful nature leads to death.

-The bodies we live in are mortal. They are dying.

-In other words, we're not getting out of this place alive.

-Why is that? The Bible says...sin brought death to the world.

*-When coroners list the cause of death on our death certificates, they could accurately write "sin".*

*-This is a case of "sin". He O.D.ed!*

-When sin came into the world it corrupted everything.

- It ruined everything.
- Everything that's wrong with the world can be traced back to the introduction of sin into the world.
- Sin always brings trouble. Trouble in relationships, trouble in health, trouble in finances, trouble in family, church, government, society...sin ruined paradise.
- Sin affects everything in our world.
- Verse 10 says sin brings death, but the Spirit gives life.
- I recently did some landscaping which required me to buy some plants. I was looking at the discount plants because I'm cheap.
- As I was looking at the discount plants with a lady who had the "gardener look".
- You know what I mean? She had the well-worn garden hat.
- She was wearing some "get-dirty" clothes.
- She had working hands not pretty-girl nails all painted up.
- She had a holster with garden trowel on her hip.
- She had the look of someone who spends time in the garden and she really seemed to know about plants.
- She was touching them, feeling them, inspecting them.
- She was assessing each plant's viability.
- Plants go to the discount rack because they are dying.
- And yet, here she was combing through these almost lifeless plants and deciding that some could be brought back to life!
- And I thought, I could save a couple of those.
- I bought 4 discount plants and three are already dead.
- But I'm sure hers are alive and well!
- Because real gardeners bring life to plants.
- And that's what the Holy Spirit does for us. Gives us life!
- We live in dead bodies but the life-giving Holy Spirit changes the equation.
- It's the same Spirit that raised Jesus from the dead...living in us!
- These failing bodies will die. But because we have the Holy Spirit in us, these bodies will be raised from the dead, just like Jesus.
- So the Holy Spirit gives us life in the spiritual sense
- He fills us up on the good things of God.
- He gives us life by his day to day presence.
- And by the power of the Holy Spirit...we'll have life after death.
- The Holy Spirit gives us life in every sense of the word.

-That's just what the Spirit does. He gives life to people who have the tendency to do what leads to death.

**12 Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do.**

-Did you hear that? You don't have to do what the sinful self wants you to do.

-You don't have to give into to what it says.

-You are not a victim of your old sinful self.

-It's almost kind of funny verse; you know...you don't have to do what your sinful self suggests. (As in...don't do that!)

-But every time we think we put that old self away for good...it has a not-so funny way of coming back around.

-Paul says, you're not obligated to do those things.

**13 For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live.**

-This is a great insight about life in the Spirit.

-The Holy Spirit doesn't prevent us from being tempted.

-The Holy Spirit doesn't prevent us giving into temptation.

-The Holy Spirit doesn't make us immune to temptation.

-The Holy Spirit doesn't magically teleport us out of tempting situations. But...

**The Holy Spirit helps us put our sinful nature to death. (vs 12-13)**

-The Spirit doesn't do the work for us, he helps us do the work.

-He's not that horrible boss that gives you an impossible task and says "figure it out".

-The Holy Spirit shows what we need to do & then helps us do it

-Sometimes new Christians are so excited about their new faith and they want to fix everything at once.

-I'm going to quit smoking, and stop cussing, and drinking.

-And I often say to new Christians...in the life of faith, the Holy Spirit will show you what you need to be working on.

-And when he reveals what's next...and there is always something next...he'll give you the strength to face it.

-He helps us put our sinful nature to death.

-Some Christians may ask...if I have the Spirit why do I still sin?

**-Years ago, I was asked to help someone move.**

**-They were people I didn't know really well and they didn't have**

- many friends and they were on a hard deadline for moving.
- So another man and I came over to help them move.
- There was some mental illness in this home and what I didn't know is that they had some hoarder type tendencies.
- They wanted help with this big task, they asked for help, and we were ready to help.
- But when we got there the lady didn't want us to touch anything.
- She was having anxiety about us touching things.
- She needed to move but didn't want anything moved.
- And that's how a lot of us are in our life of faith.
- We want the temptation and sin out of our lives.
- We believe that the Holy Spirit can help us with that, but...we don't want anything to change.
- We sense him calling us out of our old way of life into a new way of life in the Spirit...and yet we often fight his help.
- We're desperate for him to come to our aid, but we turn right back to the same dead things.
- We're like the patient that goes to the hospital but won't let the doctor examine us.
- We're like the client that goes for counseling but is too embarrassed to tell the counselor what's going on.
- We're like someone with a bad tooth that just keeps taking aspirin and hoping it's going to go away.
- At some point we have to face our sin problems, and allow the Holy Spirit to do his work in our lives.

**Study Question 2:** We have the Holy Spirit, but does the Holy Spirit have us?

- God has given us his Spirit. He have access to the help that we need to combat the sin our lives.
- But have we surrendered ourselves to the Spirit.
- Is it our goal to walk in step with the Holy Spirit?
- Are we taking advantage of the most valuable resource that we have? Or are we stumbling along on our own power?

**14 For all who are led by the Spirit of God are children of God.**

- Not only does the Spirit live in us, not only can he help us put our sinful nature to death...**The Holy Spirit leads us. (vs 14)**
- That's what Jesus said about the Holy Spirit. That the Spirit would

guide us to into the truth. \*see John 16:13

-When you pray for direction...it's the Spirit that guides.

-When our hearts are heavy over something that seems impossible...it's the Spirit that shows us the way out.

-When we don't know what to pray, or what to say, or what to do next it's the Spirit who guides.

-When we surrender our life and our life's direction to God it's the Spirit that reveals what God has for us.

**Study Question 3: In what areas of my life do I need to let the Holy Spirit lead?**

-Are you fighting him for control in areas of morality?

-Are you listening to what he's saying about your marriage?

-Are you asking for his guidance in your finances?

-Are you seeking his counsel in your relationships?

-Are you heeding his warnings as he points out your sins?

-Are you soaking up the reassurance and comfort that he gives when we're struggling?

-Are you trying to keep out of some area in your life? He's your best friend...he's not going to lead astray.

-He's going to lead you into the truth.

**15 So you have not received a spirit that makes you fearful slaves.**

-When we lived by the sinful nature...we were enemies of God.

-And when you're enemies of God...you're afraid of him!

-The Holy Spirit is not oppressive a spirit of oppression.

-His job is not to scare us or enslave us.

**Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." 16 For his Spirit joins with our spirit to affirm that we are God's children.**

**The Holy Spirit identifies us as God's children.**

**-Once in a while little Lydia comes to the office with Tali.**

**-And when Justin pops out of us his office...Lydia says daddy!**

**-And she runs into his arms.**

-Why do little kids run into the arms of their parents?

-There is this connection that is strong...it draws us together.

-And Paul says by the Spirit within us we call God "Abba".

-And guess what "Abba" means? Dad.

-Not the formal title "Father"...but dad. The Holy Spirit is the mark that identifies us as part of the family of God.