

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 6: Christ in You

Bible Text

Romans 8:5-11

Memory Verse

“The secret is this: Christ in you brings hope of all the great things to come.” (Colossians 1:27b)

Word List

content: pleased and satisfied, not needing more

overindulge: to have too much of something enjoyable; to yield too much to something

relationship: the way two or more people are connected

yield: to stop trying to resist or oppose

Vivian was told she was sick and would live only a few more weeks. There was no cure. But she could take some new medicines they were testing. Then she might live a few more months. She spent the night in the hospital praying for God to tell her what to do. The next morning, Vivian said, “I’ve prayed about this all night. If God is calling me home now, I want to go.”

What gives a person this peace to face

death? How can we have such a close relationship with God that we understand what He wants us to do? How can we have hope of life beyond death? How can we know for sure that we belong to Christ?

Christ in you is the secret. Vivian faced death bravely because she had a relationship with God. She was not afraid to die. She trusted God to keep His promises. She trusted His timing and His ways. She had always tried to do things the way God led her to do them. What is the secret of living and dying with such peace and hope?

The Spirit Gives Life and Peace

(Romans 8:5-6)

5 Those who let their sinful old selves tell them what to do live under that power of their sinful old selves. But those who let the Holy Spirit tell them what to do are under His power.

6 If your sinful old self is the boss over your mind, it leads to death. But if the Holy Spirit is the boss over your mind, it leads to life and peace.

The sinful old self is sometimes called “the flesh.” This does not mean that the flesh of our bodies is sinful. To live in the flesh means to live under the power of sin. The person who lives in the flesh is selfish.

Living under the power of sin always

leads to death. That is because the flesh is constantly demanding something. It causes us to **overindulge**. We are never **content** or at peace. We always want more and more. The sinful old self does not put up a fight against these evil thoughts. Instead, the flesh gives in to sins that lead to more sin.

The Spirit-led person is under the power of the Holy Spirit of God. When we obey Him, we find peace. We have God's power helping us to be more like Christ. We see how blessed we are. The Spirit in us is never demanding. Instead, He gives us the choice to follow Him or not. When we **yield** to Him, we become thankful for what we have. We seek God's glory and not our own. We love others with a godly love. Those under the Spirit are free instead of living in a prison of self.

The Spirit does what God's Law could not do. When a person is in prison, the law cannot set them free. Knowing the law or even obeying the law will not get a person out of prison. Only someone who has the power to unlock the doors can set a prisoner free. We are like that. We will not ever be set free simply by knowing God's Law and following it. Only God has the power to unlock the hold that sin has on our lives. The Spirit gives us a new way of thinking that leads to peace. We are not only set free from the prison of sin, but our sins are forgiven.

Our guilt is removed by Christ. We walk out of prison free and forgiven.

The Spirit Is Proof of a Relationship with God (Romans 8:7-9)

7 The mind that thinks only of ways to please the sinful old self is fighting against God. It is not able to obey God's Laws. It never can.

8 Those who do what their sinful old selves want to do cannot please God.

9 But you are not doing what your sinful old selves want you to do. You are doing what the Holy Spirit tells you to do, if you have God's Spirit living in you. No one belongs to Christ if he does not have Christ's Spirit in him.

When sin entered the world, it made a wall between us and God. Adam and Eve chose selfish ways because they wanted to be more like God. Their sin broke their **relationship** with God. And now, the selfish flesh in us fights against God. People who live under the power of sin cannot hear the truth of God or feel His love.

Some people living in the flesh sound smart. They sound like they know about spiritual things. But the truth they claim is not truth at all. They say God's truth is "out of date." They think that the truth of God is foolishness (See 1 Corinthians 2:14).

The Spirit of God in us is proof of our

relationship with God. Those living in the flesh do not belong to Him. Either we belong to God and have His Spirit in our lives, or we are ruled by sin and have no relationship with God. If we belong to God, the Holy Spirit lives in us all the time. He does not come and go. We live in a world that tempts us to sin. Sometimes children of God yield to sin. Our sin always brings pain and sadness. But we can always hear Him calling us back because the Holy Spirit never leaves us. When we confess our sin, He forgives us and puts us back on the right track (See 1 John 1:9). His love never fails.

A person cannot have Christ without having the Spirit. A person who has the Spirit belongs to God. This is because the Father, Christ, and the Holy Spirit are all God. God's Spirit and Son were present with the Father as He created the heavens and the earth. When Jesus died and was buried, the Father and the Spirit raised Him back to life again. The Father, the Son, and the Spirit work together to bring us peace and hope. All of God wants

a relationship with all of us. The Spirit calls us to Himself. The Father welcomes us into His family. The Son died and rose again to prove God's love for us.

The Secret to Hope Is Christ in You (Romans 8:10-11)

10 If Christ is in you, your spirit lives because you are right with God, and yet your body is dead because of sin.

11 The Holy Spirit raised Jesus from the dead. If the same Holy Spirit lives in you, He will give life to your bodies in the same way.

In the flesh, we are constantly pulled by sin. If we seek to live for ourselves, our spirits die a little more every day. Finally, the day comes when we can no longer hear the Spirit of God calling us to Himself. We grow cold and argue with Him. We are chained to our sinful ways and sinful thoughts. All of us will face the death of this body because death entered the world when sin entered.

But through Christ, God made our spirits to be alive in Him. All our bodies grow old, decay, and die. God's gift of life begins the moment we accept His Son. We are made alive in Christ here in this life and forever. We have the mind of Christ, so we think differently (see 1 Corinthians 2:16). Our new heart longs to please Him. His life in us goes

Things to Think About

1. How are the desires of the flesh at war with God?
2. How might guilt, shame, or fear cause us to do things we know are wrong?
3. What are some attitudes or actions we might see in someone who is "in the flesh?"
4. What are some attitudes or actions we might see in someone who is "in the Spirit?"

on even when these bodies die. He fills our spirits full of His Spirit so that we can resist sin. He even covers us in His right ways. Just like the Spirit raised Jesus from the dead, He will also raise us. The hope of life that lasts forever never fails even when we face the death of this body.

Things to Remember

When we have a relationship with Christ, we have a relationship with the Father and the Spirit. In fact, the Spirit lives in us as proof of our relationship. He gives us power over sin. His peace pours into our lives, making us thankful and content. We are sure that God loves us. We live with a hope that those in the flesh do not have. We do not fear death because we understand it is a doorway to a closer relationship with God and life that lasts forever.

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