

What We Have and Who We Are in Jesus – Romans 5-8 Study
Lesson IX: *Who Shall Deliver Me?*

I. Some review

- A. Rom 7:22 For I delight in the law of God after the inward man: 23 But I see another law (*principle*) in my members (*parts of my body*), warring against the law (*the principle*) of my mind (*the will*), and bringing me into captivity to the law of sin which is in my members. (*The principle of the indwelling of sin wars against the law of the mind [the mind is the seat of the will, where we make the choice to obey the law of God]. This principle of the indwelling of sin is stronger than the human will and eventually wins out. We must have something greater than human will [as important as that is] and certainly greater than human strength in order to walk in victory over the sin nature [Note: the principle of indwelling sin, i.e. the sin nature, is here called “the law of sin which is in my members”].*)
- B. Rom 7:24 O wretched man that I am! (*Declares the wretchedness of the human nature and the quandary that we are in if we desire to please God*). Who shall deliver me from the body of this death? (*Makes plain the fact that even the regenerated man needs the power of someone outside of himself in order to be delivered from the power of sin which dwells in our human body. The answer to the question Paul asks is, of course, the Holy Spirit, who empowers us through faith in Jesus Christ. Paul will answer this question soon in Rom 8*).
- C. Rom 7:25 I thank God through Jesus Christ our Lord. So then with the mind (*choice of the will*) I myself serve the law of God; but with the flesh (*the body*) *the law of sin*. (*This makes it clear that it is possible for a saved person, who loves God and wants to do His will, to struggle with sin though he does not want to commit sin, since Paul found himself there at one time. It is possible; however it is not God's perfect will, nor is it the victory Christ purchased for us on the cross. The way to victory through the power of the Holy Spirit will be described in Rom 8*).

II. Rom 8 answers the all important question: “Who shall deliver me from the body of this death”? (*i.e. how can I walk in the victory I desire to walk in? ...but notice we ask “How” Paul asked “Who”*)

III. Rom 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

A. Definitions:

1. In Christ Jesus = being properly related to Christ. Your faith & trust is in Christ, & your dependance is upon Christ
2. Walk = make ones way, to progress; to live; to follow (mine: move along).
3. After = (Gr) according to; along with, by;
 - a. Yielded to, empowered by, following along with (*either the flesh or the Spirit*).
 - b. To be or walk “after the Spirit” means exactly the same as “walking in the Spirit” and “being led by the Spirit”.
4. Walking after the Spirit = **living dependant upon & empowered by the power of the Holy Spirit.**
5. The flesh = the human nature (*which is indwelt with a propensity toward evil*), the carnal nature, the sin nature, the Adamic nature; the human self, you and I apart from Christ.
6. Walking after the flesh = **living yielded to, dependant upon or empowered by your flesh.**
7. Those who are “in Christ” “walk after the Spirit”

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IV. Rom 8:2 For the law of the Spirit of life in Christ Jesus **hath made me free** (*liberates me*) from the law of sin & death.

A. Refers to the principle that **the Holy Spirit gives life (and victory over sin) through our relationship of faith in and dependance upon Christ.**

1. This law is the antithesis (*direct opposite*) of the law of sin & death.
 - a. The law of sin & death:
 - 1). This goes back to “the law of sin which is in my members” & “Who shall deliver me from the body of this death”?
 - 2). The principle that indwelling sin is stronger than the human will power and will therefore control us and lead to spiritual death (defeat)
 2. It should be noted that this principle (*and the Holy Spirit in general*) operates (*only*) “in Christ”; i.e. as a result of a relationship with Christ by faith.
 - a. **Clearly the Holy Spirit does not work in any other realm!**
 - b. **The Holy Spirit will not work in the realm of law:** (*i.e. placing our faith in our attempt to keep the commands of God*).
 - c. Please note: This is no reflection upon whether or not there are standards of righteousness in God’s word which we are to live by (*and of course there are*); but rather upon our approach to living according to those standards, and our approach to pleasing God.
 - 1). It is not the standards we live by (*i.e. the commands we keep*) that make us righteous, but the grace of God that enables us to live by those standards of obedience to God.
 3. **So true victory over sin cannot be found by any other means** other than by the power of the Holy Spirit, received through faith in Christ.
 - a. This principle should not be thought of as a how-to formula, but as **a developing relationship of complete dependence upon Christ.**

V. Rom 8:3 For what the law could not do, (*set us free from the law of sin & death; i.e. give us victory*) in that it was weak through the flesh, God (*did by*) sending his own Son in the likeness of sinful flesh, and for (*on account of*) sin, (*He*) condemned (*to judge against, i.e. sentence*) sin in the flesh:

A. Speaks of the finished work of the cross... What the law cannot do & the human will cannot accomplish, He accomplished, for us, on the cross.

1. We cannot live in true victory if our confidence is not in the finished work of the cross.
2. We must trust in Christ with the understanding that He accomplished our victory on the cross in order for Him to accomplish it through us by the power of the Holy Spirit

VI. Rom 8:4 That (*in order that*) the righteousness of the law might be fulfilled (*to furnish, made complete, supplied fully*) in us, who walk not after the flesh, but after the Spirit.

- You cannot so He did... therefore through Him you can
- Our focus not so much DOING as it is leaning
- This is the simple key to your victory

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- Our true victory is in resting in the finished work of Christ & thereby being empowered by the HG to walk above sin & in true holiness
- This is so simple yet so profound & so powerful
- Im convinced We do not fully understand what we have in Christ

- *Rom 8:4b-5 ...who walk not after the flesh but after the Spirit. 5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.*

1. Definitions:

- a. Walk = **make ones way, to progress; to live; to follow (mine: move along).**
- b. After = (Gr) **according to; along with, by;**
 - 1). Yielded to, empowered by, following along with (*either the flesh or the Spirit*).
 - 2). To be or walk “after the Spirit” means exactly the same as “walking in the Spirit” and “being led by the Spirit”.
- c. Walking after the Spirit = **living dependant upon & empowered by the power of the Holy Spirit.**
- d. The flesh = the human nature (*which is indwelt with a propensity toward evil*), the carnal nature, the sin nature, the Adamic nature; the human self, you and I apart from Christ.

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- e. Walking after the flesh = living yielded to, dependant upon or empowered by your flesh.
 - f. Do mind = (*lit. exercise the mind*) interest oneself in, go along with, be like, entertain, understand, think about, agree together with.
2. (*My interpretation of Rom 8:5*): They that progress by human ability will be inclined to the flesh and will naturally go along with fleshy things, but they that progress by the power of the Holy Spirit will be like Him and will naturally go along with and understand the things of the Spirit.
- a. If we move along by our own ability, it will be automatic to be carnal, but if we are living by the Holy Spirit's power (as a result of dependance upon Christ) it will be natural to be like the Holy Spirit.
- o *Rom 8:6-8 For to be carnally minded is death; but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against (opposed to) God: for it is not subject to the law of God, neither indeed can be. 8 So then they that are in the flesh cannot please God.*

3. Definitions:

- a. Carnal / carnally = flesh / fleshly
- b. Carnally minded = (*to understand this one needs to look back to vs 5 "do mind the things of the flesh" as well as the definition of "mind"*).

- 1). Yielded to and one with the inclinations and impulses of the flesh (i.e. of the sin nature); being inwardly carnal.
 - (a) It is more subtle than simply "doing what the flesh moves us to do" but being in tune with, interested in, and in agreement with the flesh; being fleshly, following the way of the flesh.
 - 2). "To be carnally minded is death = to be in agreement with & one with the sin nature leads to (spiritual) death.
- c. Spiritually minded = to be inclined toward and one with the Holy Spirit; to be in accord with the Holy Spirit; being inwardly spiritual.
 - d. The carnal mind = the indwelling inclination toward sin, (i.e. the carnal nature).

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- e. In the flesh = (lit) in yourself (remember the flesh is “you” Rom 7:18); i.e. in the carnal nature.
- 1). That is: **Dependent upon yourself rather than Christ, and upon your own power rather than the Spirit’s power.**
 - 2). Also: **Attempting to please or obey God and make ones progress through human effort, power and ability.**
 - 3). The opposite of being “in the flesh” is being (or walking) in the Spirit.
 - (a) Gal 5:16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.
(I.e. live dependent upon and empowered by the Holy Spirit and not carrying out the cravings of the flesh will be automatic and natural.
4. You will automatically be in the flesh if you are dependant upon anything other than Christ.
5. Rom 8:4-8 (Text): 4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. 5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against (opposed to) God: for it is not subject to the law of God, neither indeed can be. 8 So then they that are in the flesh cannot please God.
- a. Rom 8:4-8 (*John’s interpretation*): (*vs 3 tells us that Christ defeated sin for us in His work on the cross*). 4 In order that the righteous will of God contained in the law of Moses can be lived out through our lives; which it will be as we progress, not by human ability, but through the power of the Holy Spirit. 5 They that make their way by dependance upon human effort and ability will be inclined to the flesh and will naturally go along with the carnal nature, but they that progress by the power of the Holy Spirit will be like Him, and will naturally go along with and be inclined toward the things of the Spirit. 6 You see being inclined toward and yielded to the carnal nature kills one spiritually, but being inclined toward and yielded to the Holy Spirit bears a full and victorious life coupled with peace. This is because the carnal nature is hostile toward, and opposed to, God; it is not subordinate to God’s commands, nor is it even capable of being obedient to God. So then those who attempt to please God through human effort are incapable of doing so.
6. The Holy Spirit works and empowers us in the realm of faith in Christ.
- a. If we rely upon (*place our faith in*) anything other than Christ, we will not be empowered by the Holy Spirit and we cannot walk in victory. The Holy Spirit’s hands are tied, we frustrate the grace of God and we will automatically be dominated by our flesh. Through the flesh (human ability) it is impossible to please God.
 - (1) Heb 11:6 But without faith it is impossible to please Him...

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- (2) Gal 3:3 Are ye so foolish? having begun in the Spirit, are ye now made perfect by the flesh? *(By going back to law for righteousness, they were attempting to reach maturity by the flesh [their own power] rather than by the power of the Spirit; the Holy Spirit therefore could not assisting them in that endeavour).*
- (3) Gal 2:21 I do not frustrate the grace of God: for if righteousness come by the law, then Christ is dead in vain. *(Righteous comes though grace received by faith in what Christ did for us on the cross, not by law [works or merit]. If we try to attain to righteousness by merit [i.e. the flesh], we frustrate [reject; set aside; make void] the grace of God). (If you think about it you are pushing God out and asking for His help all at the same time).*
- (4) Gal 5:4-6 Christ is become of no effect *(rendered idle or useless)* unto you, whosoever of you are justified by the law; ye are fallen from grace. *Grace is not available to us on the basis of faith in our works (i.e. law) If we attempt to merit grace by our works, Christ has no impact in our lives; though we are saved we will live dominated by our flesh. Remember in the flesh we cannot please God.* 5 For we through the Spirit wait for *(expect patiently; i.e. trust God for)* the hope *[confidence; assurance]* of righteousness by faith. 6 For in Jesus Christ neither circumcision availeth *(to have power)* anything, nor uncircumcision; but faith which worketh by love. *(The only source of [the Spirit's] power for righteous living is through faith that works out of a heart of love for God [i.e. the power of the Spirit is found in being properly related to God through faith in Christ]).*
- (5) Eph 2:8-9 For by grace are ye saved through faith; and that not of yourselves...
18. Another passage on walking in the spirit
- Gal 5:16-18 *This I say then, Walk in the Spirit, (live by the power of the Spirit) and ye shall not fulfil (carry out) the lust (cravings) of the flesh (sin nature; self). 17 For the flesh (sin nature; self) lusteth against (desires contrary to) the Spirit, and the Spirit against (contrary to) the flesh: and these are contrary the one to the other (opposite; i.e. diametrically opposed to each other): so that ye cannot do the things that ye would (you, in and of your self, are incapable of doing the things you want and intend to do; this follows Rom 7:15-19). 18 But if ye be led (guided, directed) of (by) the Spirit, ye are not under the law. (To be under the law is also to be controlled by your flesh and therefore incapable of obeying God. We can, however, obey God by being led by [and therefore empowered by] the Spirit. [Rom 6:14 For sin shall not have dominion over you: for ye are not under the law, but under grace.]The Holy Spirit empowers us through a proper relationship to Christ by faith [Rom 8:2]).*
19. Since we cannot please God in the flesh, it is important to die to self so the Holy Spirit can live through us.

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- *Matt 16:24 Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.*
 - a. Deny himself = disown ones self, loose sight of oneself and ones interest
 - b. Take up his cross = die to self through our union with Christ and His death on the cross.
 - c. Follow me = (lit be in the same way with); to accompany and follow one who proceeds.
 - (1) Yield to and become one in spirit and life with Christ.
 - (a) Our union with Christ is to become more than just a position, but also something we live out by faith.
 - (b) Gal 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.
20. Many of the practices Christians engage in are actually strengthening self, rather than causing them to die to self. In an effort to be “spiritual”, but not doing it God’s way, they are assuring spiritual defeat. Often they are able to be successful in fulfilling the requirements of the program / teaching / practice and so they believe that they are successful in living the Christian life. If we “dumb down” Christianity and reduce it to some form of outward personality modification, one may be successful by those standards, but not by God’s
- a. Any thing that focuses on outward personality modification rather than an inner work of grace such as:
 - (1) Much of the teachings of people like Joyce Meyer.
 - (2) The Word / Faith teaching in general: Advanced by people like (the late) Kenneth Haggin, Kenneth Copland, Charles Capps, Fred Price, Paul and Jan Grouch (who run TBN) and many others.
 - (a) Teaches that Christ has done all He is going to do for us, it is now our obligation to walk in it through our faith and positive confession. Ones victory is dependant upon their own ability to believe and maintain a positive confession.
 - (3) “Christian” Psychology and any “Christian” counseling which incorporates the fundamentals of secular Psychology into the counseling.
 - (4) Alcoholics Anonymous, Celebrate Recovery and all of the variations of the “12 step program”.
 - (5) The Purpose Driven Life.

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- (6) The Christian leadership /church growth seminars & teachings that are so popular today. Bill Hybels
 - (7) The way some “holiness” teaching is done. (Teaching that holiness is about “doing these things”, rather than those things being a reflection of true holiness which is from the heart).
 - (8) Any of the “self help” teaching within the church. (*What does the term “self-help” tell you?*)?
 - (9) Any of the various “Christian” motivational / success teachings and seminars, most of which are accepted by the church as well as in the business / sales world: Zig Ziegler, Peter Lowe etc.
 - (10) The positive living / positive thinking teachings of people like, Norman Vincent Peele, Robert Schuller, Joel Osteen etc.
 - Interestingly many, if not all, of the above utilize New Age / Eastern Religion concepts in their teachings.
 - Our own focus of dependence upon outward regimens rather than upon Christ will hinder our walk in the same fashion as the above mentioned teachings.
- b. Any program, or routine, or discipline, or ritual, or set of rules that you are to keep or follow in order to please God is prone to move your faith from Christ and His finished work on the cross, to your ability to follow that particular discipline.
- c. The question is: Does the teaching focus upon...
- (1) **What you do** or ...
 - (2) **On who Christ is, what he has done for us on the cross, and what He will accomplish in our heart and life as we depend upon Him.**
- *Rom 8:9 (Vs 8 So then they that are in the flesh cannot please God). But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. 10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.*

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21. *But ye are not in the flesh, but in the Spirit.* We have been placed in the position of being in the Spirit.
- a. Therefore we do not have to live in the flesh (and in sin and defeat); we can live in the Spirit.
22. *if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his:*
- a. The terms: Spirit of God” and Spirit of Christ” are used synonymously showing the Trinity.
 - b. Clearly all of God’s children have the in-dwelling of the Spirit of God (Christ dwells in us in the person of the Holy Spirit).
 - o So it is because of the indwelling of the Spirit that we are “in the Spirit” positionally.
23. *And if Christ be in you, the body is dead because of (lit: for the sake of; i.e. with regard to) sin; but the Spirit is life (or alive) because of (with regard to) righteousness:*
- a. Since Christ dwells in us, (in the person of the Holy Spirit) we are dead to sin and alive to righteousness.
 - (1) This reflects back upon some statements from Rom 6:
 - (a) Rom 6:3 Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?
 - (b) Rom 6:11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.
 - o *Rom 8:11-12 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. 12 Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.*
24. Accordingly then, since the Holy Spirit who raised Christ from the dead lives in you, He will make your dead bodies of flesh to be alive (*unto victory*) by His Holy Spirit that is living in you. Because of this we are under no obligation whatsoever to live according to the (*dictates of*) the flesh.
- a. Praise God we can live in victory by the power of the Holy Spirit!

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- *Rom 8:13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.*

- 25. And so if you live along with, and by the power of, the flesh (*self*), you will die spiritually (*this does not refer to eternal damnation, but spiritual defeat [see Rom 8:1]*). But if you make dead the deeds (*activities, practices*) of your sinful body by the power of the Holy Spirit, you will be alive (*enjoy abundant, victorious life*).
 - a. This makes known to us that **we can (and must) stop sinful practices, by the power of the Holy Spirit.**

- *Rom 8:14 For as many as are led (guided, directed) by the Spirit of God, they are the sons of God.*

- 26. Even so, those who are directed by and follow the Holy Spirit are the children of God.
 - a. Only God’s children can follow the Holy Spirit and experience the Holy Spirit living the life through them.
 - b. **The Holy Spirit will lead us around sin and into righteousness.**

- *Rom 8:15 (Refers to us being “sons of God”) For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father..*

- 27. This is because we have not received (*from God when we believed*) a condition of slavery again to fear.
 - a. *Again:* is used because **under the law, this is what people receive.**

- 28. But we have received a condition of adoption (We have become a child of God). So we can call God “Our Father”.
 - *Rom 8:16 The Spirit itself beareth witness with our spirit, that we are the children of God: (the Holy Spirit Himself testifies together with us that we are God’s children).*

 - *Rom 8:17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. (And since we are God’s children we also are heirs of God who will inherit together with Christ all that Christ will inherit; that is if we suffer together with Christ, so that we may also (one day) be glorified together with Him.*

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29. Paul now goes off on a tangent regarding our one day being glorified together with Christ (Rom 8:18-27)

- *Rom 8:18-19 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. 19 For the earnest expectation (intense anticipation) of the creature (creation) waiteth for the manifestation of the sons of God.*
- *20 For the creature (creation) was made subject to vanity (purposelessness), not willingly (voluntarily), but by reason of him who hath subjected the same in hope, 21 Because (so that) the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. (in other words: God created humanity without purpose & meaning, in the hopes that they would turn to God & be saved).*
- *22 For we know that the whole creation groaneth and travaileth in pain together until now. 23 And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.*
- *24 For we are saved by hope (trust with anticipation): but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? 25 But if we hope for that we see not, then do we with patience wait for it. (If we all ready had the redemption of the body [the resurrection], we would have no need for trust).*
- *26 Likewise (in the same way) the Spirit also helpeth (comes alongside to assist) our infirmities (innate weakness): for we know not what we should pray for as we ought: but the Spirit itself (himself) maketh intercession for us with groanings which cannot be uttered. 27 And he that searcheth the hearts (God the Father) knoweth what is the mind of the Spirit, because he maketh intercession for (lit: over; ie in the behalf of) the saints according to the will of God. (The Holy Spirit assists us in waiting for the resurrection by praying through us).*

(1) So not only will the Holy Spirit live a victorious life through us, He will also pray through us.