In and After the Spirit
LESSON 14 – OUTLINE

1. At the end of Romans 7, Paul said:

   “O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord” (Rom. 7:24-25).

   A. Notice that he didn’t say “I thank God for Jesus Christ our Lord,” but rather “I thank God I’m delivered from the body of this death through Jesus Christ our Lord.”

   B. Paul was describing the futility of trying to serve God in the flesh.

   C. The flesh part of us (body and soul) will always fall short.

   D. “Imperfection can’t be perfect. How do I ever get out of this? Praise God, through Jesus Christ our Lord, I have a brand-new person inside of me.”

2. Then Paul moved right into chapter 8, which speaks of letting our born-again spirits dominate our lives through the power of the Holy Spirit.

   A. Romans 7 describes frustration, defeat, and sin coming alive.

   B. Romans 8 overflows with victory.

   C. The Spirit/spirit is mentioned once in chapter 7 and twenty-one times in chapter 8.

   D. Paul was contrasting Christ living through us (Rom. 8) with our trying to live for God (Rom. 7).

3. If you’ve been born again and have this new man—new nature—then you are “in Christ Jesus.”

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

   A. If you’ll let this brand-new spirit live through you, there is no condemnation, no judgment, no sentence against you.

   i. “Condemnation” refers to declaring something unfit for use (i.e., condemning a building).

   ii. The devil says, “You sorry thing. What makes you think God would use you?”
B. Because I was imperfect, through my flesh, the Old Testament Law—instead of being something good—actually became my condemnation.

“For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. For what the [Old Testament] law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh” (Rom. 8:2-3, brackets mine).

4. There’s a difference between “in the flesh” and “after the flesh,” and “in the Spirit” and “after the Spirit.”

“That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. 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” (Rom. 8:4-5).

A. If you are born again, you are “in” the Spirit.

B. If you aren’t born again, you are “in” the flesh.

C. “In” speaks of your position in Christ (in the Spirit) or not in Christ (in the flesh), and “after” speaks of how you are experiencing things.

5. How can you tell if you’re walking after the Spirit or after the flesh?

“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” (Rom. 8:5).

A. If you’re thinking on carnal things, you’re after the flesh.

“For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom. 8:6).

B. If you’re after the Spirit, you’ll be thinking about God, His Word, and who you are in Christ.

C. Carnal-mindedness produces death, but spiritual-mindedness produces life and peace.

6. Lost people cannot please God.

“Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God” (Rom. 8:7-8).

A. They are “in” the flesh.
B. If you’re born again, you aren’t “in” the flesh.

“But ye are not in the flesh” (Rom. 8:9).

C. You’re “in” the spirit.

D. You may be walking “after” the flesh and getting the same results as you did before being born again, but the truth is—you aren’t “in” the flesh anymore.

“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” (Rom. 8:9).

7. You have this new spirit on the inside of you, and the only thing holding you back is your “stinkin’ thinkin’.”

A. Your spirit is always full of love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance (Gal. 5:22-23).

B. Will you let hurt, depression, anger, and bitterness rule you?

C. Will you be spiritually minded and let who you are in Christ reign?

D. It’s your choice.
In and After the Spirit
Lesson 14 – Discipleship Questions

1. What word does Paul use to describe himself in Romans 7:24-25?

2. What did he want to be delivered from?

3. How was he delivered?

4. Romans 8:1-2 reveals that there is now no _______ to them which are in Christ Jesus.

5. Now that we’re in Christ Jesus, how should we walk?

6. What has made us free?

7. What are we free from?

8. First Corinthians 6:17 reveals that he who is joined to the Lord is what?

9. According to 1 John 4:17, how are we right now in this world?

10. According to Romans 8:3-4, the Law was weak through what?

11. God sent His own Son in what likeness?

12. What was condemned in the flesh of Jesus?

13. Why?

14. Should we now walk after the flesh or after the Spirit?

15. According to Romans 8:5-6, how can we tell if we are walking after the flesh?

16. How can we tell if we’re walking after the Spirit?

17. What results does carnal-mindedness produce in our lives?

18. What results does spiritual-mindedness produce in our lives?

19. According to Romans 8:7-8, what is at enmity against God?

20. Is it subject to the Law of God?

21. Can it ever be?

22. Can they that are in the flesh—lost people—please God?
23. According to Romans 8:9, is a born-again believer in the flesh or in the Spirit?

24. Who dwells in us?

25. In order to belong to Jesus, what must we have?

26. According to Galatians 5:22-23, what are our born-again spirits always full of?
“O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin” (Rom. 7:24-25).

“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death” (Rom. 8:1-2).

“But he that is joined unto the Lord is one spirit” (1 Cor. 6:17).

“Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world” (1 John 4:17).

“For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. 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” (Rom. 8:3-5).

“For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. 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” (Rom. 8:6-9).

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law” (Gal. 5:22-23).