

I. Introduction and review.

II. You no longer live according to the flesh. v. 12-13a

- A. We have no further obligation to the flesh. v. 12 8:9 6:12-14,17-18,6,21 I Pet. 4:3-4.
- B. If you live by the flesh you will die. v. 13a 8:6 6:23
 - 1. About what kind of death is Paul warning you?
 - 2. Sin has deadly consequences. 6:23 James 1:14-15 Acts 5:1-11 I Co. 11:30
 - 3. Paul is not saying a true believer can lose his salvation. 8:29f John 10:28-29
 - 4. He is saying that those who are indwelt by the Holy Spirit will not be characterized by a fleshly life. I John 2:3-4,19 Js. 2:14f Mt. 7:16f
 - 5. Professing Christians need to examine themselves. II Co. 13:5 II Pe. 1:5-11

III. You live according to the Spirit. v. 13b

- A. You are obligated to live according to the Spirit.
 - 1. Remember all God has done for you and in you.
 - 2. By the Spirit you are putting to death the deeds of the body (see below).
- B. If you walk according to the Spirit, you will live.
 - 1. You are not saved by the merits of your life.
 - 2. Your transformed life is evidence of the life-giving Spirit's work in you.

IV. Put to death the deeds of the body.

- A. The nature of sanctification: by the Spirit's power continually, habitually, and actively go on mortifying the deeds of the body.
 - 1. You are actively involved in your sanctification.
 - a. Sanctification is not simply a matter of passively *letting go and letting God*.
 - b. Sanctification requires disciplined effort. I Co. 9:24-27
 - c. Sanctification involves action, not just knowledge. Js. 1:22 Mt. 7:24-27
 - d. Sanctification is a life or death struggle.
 - 2. Sanctification is an ongoing process.
 - a. Sanctification is not an instantaneous experience of a second blessing.
 - b. Nor will you experience perfect sanctification in this life. Phil. 3:12
 - c. The process of mortification of sin will continue until you are with the Lord.
 - d. You can never relax in this spiritual warfare.
Be killing sin or it will be killing you. (Owen)
 - 3. Sanctification takes place only by the Spirit. Ga. 3:3 Ezek. 11:19 36:26 Jer. 31:33
 - a. Unbelievers are incapable of putting to death the deeds of the body. 8:8
 - b. You cannot sanctify yourself by your own will and works. John 15:5
 - c. The law alone will not make you holy. 7:4-6
 - 4. Sanctification is the Spirit's work and it is your work. Phil. 2:12-13
- B. Which deeds are you supposed to eradicate?
 - 1. You cannot mortify sin by denying legitimate bodily appetites (false asceticism). Col. 2:20-23 I Ti. 4:1-5
 - 2. Your body is not bad, but it is the place where sin tries to gain control of you.
 - 3. The deeds of the flesh go beyond what your body does. . Ga. 5:29-21 Co. 3:5-9

- C. What steps can you take to put to death the deeds of the body?
1. Recognize how sin works. James 1:14-15
 2. Be aware of your sin. 7:21 Pr. 3:5-6 14:12 Jer. 17:9 Ps. 139:23-24
 3. Confess your sin to God and repent of it. I John 1:8-10 Psalm 32 II Co. 7:10-11
Hate your sin from the heart.
 4. Don't make provision for fleshly lusts. 13:14 Mt. 5:29-30
 - a. Deal immediately with the first movements of sin in your heart. Js. 1:13-15
 - b. Place hedges between yourself and sin. Eph. 5:3-4,11-12 Pr. 5:8 I Co.
 - c. Don't give yourself any excuses! I Co. 10:13
 5. Be determined to utterly destroy your sin. Mark 9:43-48 Heb. 12:4 I Pe. 2:11
 - a. Don't deal superficially with sin. II Co. 7:10 Jer. 6:14
 - b. Deal with the heart of the problem. Mt. 15:18-20 Pr. 4:23
 6. Remain consciously dependent upon the Spirit's power to give you victory.
Zech. 4:6 II Co. 10:4 Ga. 3:3 5:17,25

D. Mortify the flesh by pursuing spiritual things.

1. Sanctification isn't merely eliminating sin, it also involves positively pursuing righteousness: put off-put on. Rom. 13:14a Eph. 4:22-24 Col. 3:9-17
2. Set you mind on Spiritual things. 8:5b,6b Co. 3:1-4 Phil. 4:9-9 Ps. 119:5-6,11 1:1f
Eph. 6:17 I Pe. 4:7 Heb. 4:16
3. Practice Spiritual deeds. 6:13 Col. 3:12-17 Eph. 4:25-32 Ga. 5:22-24

V. Concluding applications.

A. God has given you resources to experience victory in your struggle against sin.
Remember who you are!

1. You aren't hopeless! I Jo. 4:4.
2. You are united to Christ in His death and resurrection. 6:3-6
3. You are dead to sin and alive to God. 6:11
4. You have been set free from sin and are under grace. 6:14 8:2
5. You have the Spirit indwelling you. 8:9
6. You have a new nature. II Co. 5:17 II Pe. 1:3-4 Eph. 4:24
7. The Lord Jesus Himself helps those who are tempted. Heb. 2:18
8. God will not allow you to be tempted beyond what you are able. I Co. 10:13
9. For a Christian to say "I can't do it" is to deny Scripture. Phil. 4:13 Jo. 15:5,7
10. God has prepared in advance good works for you to do. Eph. 2:10

B. Fight to mortify sin in your body. Heb. 12:4 I Pe. 3:10-11 Gal. 5:16 II Pe. 1:5-7
What kind of progress should you expect?

Discussion Questions for Family Worship

1. Why do we have no obligation to the flesh?
2. What does Paul mean when he says those who live according to the flesh must die?
Can you lose your salvation?
3. How does this passage prove that sanctification is not instantaneous, but progressive?
4. What would you say to someone who claims the key to spiritual growth is to simply surrender to God and let Him work through you?
5. What is the role of the Holy Spirit in your sanctification?
6. What is your role in your sanctification?
7. What are some things you can do to put to death your sinful deeds?
8. What kind of progress should you expect?
9. What resources has God given you in the fight against sin?