

Title    **UNSTUCK**  
By     Ricky Amano  
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Text    Romans 8:1-11

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## Sermon Notes

**Romans 8** *There is* therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. *NKJV*

<sup>2</sup> For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

<sup>3</sup> For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh, <sup>4</sup> so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.

<sup>5</sup> For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. <sup>6</sup> For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, <sup>7</sup> because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able *to do so*,

<sup>8</sup> and those who are in the flesh cannot please God. <sup>9</sup> However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him.

<sup>10</sup> If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. <sup>11</sup> But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you. *NASB*

### Big Idea:

### Romans 8:10-11

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## For Reflection & Application:

### Monday:

- Read Romans 7:15-25. Note that the author is Paul, an Apostle, author of much of the New Testament. If I too am a believer, is it still possible for me to walk in the flesh? With honesty and humility, recognize that, like Paul, there is a war within us between our flesh and the Spirit. If you are feeling defeated and overcome by the flesh, realize that even Paul faced the same feeling of defeat. And if instead you feel you have no problem walking in the Spirit, do not be deceived - remember that there is a continual war waging within that requires continual attention and dependence on God.

*Prayer: "Lord, as I look within, I realize how easy it is to follow my flesh instead of Your Spirit. It often leaves me frustrated and discouraged. Yet I want so much to follow You and live the life that You intend for me. Please help me!"*

### Tuesday:

- Read Romans 8:15. Sometimes during a spiritual "battle", we may feel alone and discouraged. How important is it to know that our relationship with God is a loving relationship between a good father to a precious child?

*Prayer: "Heavenly Father, thank you for adopting me as Your child and loving me so much. Life can be overwhelming, and it's comforting knowing that You're always there for me, receiving me with grace."*

### Wednesday:

- Read Romans 8:5-7, Romans 12:1-2, Galatians 2:20. What does it mean to be spiritually minded? When we first believed in Jesus, God gave His Spirit to dwell in us. While our natural tendency is to set our minds on the flesh, we now need to set our minds on His Spirit. It takes some of our effort, to put aside the thoughts of the flesh and become more spiritually minded. But we cannot accomplish this alone. Spending more time with God through His Word (the Bible) and time alone with Him (prayer), allows His thoughts to "rub off" onto us and make them our own. Becoming more spiritually minded is a partnership of our effort with God's transforming power through His Spirit.

*Prayer: "Lord, I'm ready start becoming more spiritually minded. I'll do my best to learn more about You and spend more time with You. I will put aside the thoughts from my flesh, and replace them with the thoughts from Your Spirit. Please help me to do this, and transform my mind through Your Spirit"*

### Thursday:

- Read Romans 8:10-11. Perhaps the greatest event in all of mankind's history is the resurrection of Christ. How hopeful does this make you feel, knowing that the same power that raised Jesus from the dead is in you, working to raise you from death to life? (from experiencing slavery and death to experiencing freedom and life)

*Prayer: "Heavenly Father, I know that I'll continue to deal with my fleshly thoughts from time to time. Yet I am excited and hopeful by Your powerful Spirit that you've given, to continually transform me and lead me in the life that You have planned and envisioned for me."*

### Friday:

- Read Romans 8:37-39. One of the greatest motivations to pursue a life with God is knowing how much He loves us. These last verses of Romans chapter 8 are comforting, inspiring, and motivational. It motivates us to make the effort to be spiritually minded and allow God's Spirit to transform us and lead us. And learn to love like He does.

*Prayer: "Dear Father, Your love for me is amazing. At times when I feel I have nothing left, I can always remember how You love me no matter what. That nothing in this world or even beyond this world can separate me from Your love. Thank you so much for being my Father. My good and loving Father!"*