

## 9> Freedom to Be Holy (Romans 8:1-17)

### **1 Peter 1:15–16 (ESV)**

15but as he who called you is holy, you also be holy in all your conduct,  
16since it is written, “You shall be holy, for I am holy.”

What does it mean to be ‘holy’? How do we become ‘holy’?

What does it mean to become ‘addicted’? How do we become ‘addicted’ to something?

Addiction is slavery. We start out enjoying what later becomes a habit we can’t break. Whether it is food, drugs or alcohol, there is a humiliating bondage to anything that controls us [what are some other things that we get ‘addicted’ to]. Sin is an addiction. We may choose to do some action that we know to be wrong but seems to be pleasurable. We think we can stop whenever we choose but soon discover that we have desires that overcome our will to resist.

←This is the issue isn’t it

→By the end of the first thousand years of Christian history, the church had identified seven deadly sins: envy, lust, sloth, pride, greed, gluttony and hate. What is “deadly” about each of these sins? Would you add any to this list post the 1st thousand years? Why?

→Are there any of the seven deadly sins that you especially struggle with? How has God been working in your life to deliver you?

--what is justification?    --what is sanctification?

Once God has broken the power of sin through justification (study 7), he now leads us into the battle to stay free from sin. The classic term for this is *sanctification*. Read *Romans 8:1–17*.

1. What resounding good news does Paul declare to those who struggle with sin (vv. 1–4)?
2. How does deliverance from the condemnation of sin (v. 1) contribute to our deliverance from the act of sin?
3. God is not willing to leave us in a desperate state of condemnation. According to verses 1–17, how is the entire Trinity—Father, Son and Spirit—involved in our deliverance?
4. What contrasts does Paul make between those who live by the Spirit and those who live by their sinful nature (vv. 5–8)?

How can we know which description applies to us (v. 9)?

5. Paul states that Christians do not live according to the sinful nature (v. 4) and are not controlled by the sinful nature (v. 9). How does that fit with your experience? Explain.

6. According to Paul, what role does the mind play in a life of sin or a life of righteousness (vv. 5–8)?

How have you observed the role of the mind in your own combat with sin?

7. In living righteously, what is the difference between setting our minds on the Spirit and sheer willpower?

8. Explain in your own words the deep tension that exists between our body and our spirit (v. 10).

How will the Holy Spirit ultimately resolve that tension (v. 11)?

9. In light of what he has written, Paul states that we have an obligation (v. 12). What is our part and what is the Spirit's part in fulfilling that obligation (vv. 12–17)?

10. As you look back at this passage, how would you summarize the Spirit's work in our holiness?

11. How can you cooperate with the Spirit as he keeps you free from the addiction to sin?

12. Salvation could be described as both a definite act of God and an ongoing process. How do both *justification* (study 7) and *sanctification* work together to provide the way for living a holy life?

*Thank God that he has delivered you from the condemnation of sin and the guilty conscious it produces. Ask that the Spirit might work in you the joy of being cleansed and forgiven*

### **Now or Later**

The following verses provide some further insight into the process of sanctification: Romans 6:4, 14; Ephesians 4:23–24; 2 Thessalonians 2:13; 2 Peter 1:3–11; 3:1–3.