



Going Deeper

R o m a n s 8 : 1 2 – 1 7

Big idea

Through the Holy Spirit, believers are no longer debtors to the flesh but adopted children of God—called to kill sin, live in freedom, and walk as heirs of His eternal kingdom.

Sermon recap

Flesh (v. 12) Believers no longer owe anything to the flesh. The “flesh” represents our old sinful nature—the unredeemed part of humanity that once controlled us. Without Christ, we are bound by sin and its debt. But through Jesus’ perfect sacrifice, that debt is canceled, and we are declared holy on His account.

Put to Death the Deeds (v. 13) The Holy Spirit empowers believers to actively resist sin. When we repent and receive forgiveness, the Spirit takes residence in us, giving us strength to continually put sinful desires to death. True spiritual life is marked by a pattern of ongoing surrender and Spirit-led obedience.

Sons of God (v. 14) Those who are led by the Spirit reveal their identity as God’s children. Being “led” means walking under the Spirit’s continual direction—allowing Him to shape our thoughts, attitudes, and choices. This daily guidance is the mark of genuine faith.

Spirit of Adoption and Abba (v. 15) Through the Spirit of adoption, believers move from fear to family. God has chosen us to be His children, not as servants trembling before a master but as sons and daughters loved by their Father. The Spirit replaces fear with confidence and draws us into intimacy with God. Paul uses the word “Abba,” meaning “Daddy” or “Papa,” to describe this closeness—a relationship of both reverence and affection that reflects complete trust in our Father’s care.

Bears Witness (v. 16) The Spirit confirms within us that we are truly God’s children. This assurance comes not through mystical feelings but through the Spirit’s transforming work—producing fruit, conviction, and peace that testify to our adoption.

Heirs (v. 17) Every believer is an heir of God and co-heir with Christ, sharing both in His sufferings and His glory. Our inheritance includes present blessings—the Spirit’s power and presence—and the promise of eternal life to come.

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How to go deeper this week

Day 1 — Killing Sin by the Spirit

Read: Romans 8:12–13

Reflect: What sins or habits do you need to put to death through the Spirit's power?

Pray: Ask the Spirit to give you strength to fight sin daily.

Day 2 — Led by the Spirit

Read: Romans 8:14

Reflect: Where do you see the Spirit's leading in your decisions and desires?

Practice: Pause before big decisions and pray, "Spirit, lead me."

Day 3 — Adopted & Secure

Read: Romans 8:15

Reflect: How does knowing you're chosen and adopted by God change your view of Him?

Pray: Thank God for calling you His child and removing the spirit of fear.

Day 4 — The Spirit's Witness

Read: Romans 8:16

Reflect: How has the Spirit confirmed your faith through fruit and assurance?

Practice: Write down moments when you've seen God's transforming work in your life.

Day 5 — Heirs of Glory

Read: Romans 8:17

Reflect: What does it mean to share in both the sufferings and glory of Christ?

Practice: Encourage another believer who is walking through trials, reminding them of the glory to come.

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Practical applications


- **Live as sons, not slaves:** Walk in confidence, not fear.
- **Rely on the Spirit's power:** Sin is defeated only through His strength.
- **Embrace your adoption:** God didn't just pardon you—He made you family.
- **Expect both suffering and glory:** Trials prepare us for our inheritance.

Reflection and discussion

1. What does it practically mean to “put to death the deeds of the body”?
2. How does the Spirit's leadership show up in your daily life?
3. What difference does adoption make in how you approach God in prayer?
4. How do you experience the Spirit's witness that you belong to God?
5. Why must we embrace both suffering and glory as heirs with Christ?

Scripture for further study

- Galatians 4:4–7
- Ephesians 1:3–14
- John 1:12–13
- Titus 3:4–7
- 2 Corinthians 6:18
- 1 Peter 1:3–5

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