

# *A Daily Devotional Study Guide*



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## **The Epistle to the EPHESIANS**



**WEEK 2**

## **“But God”**

**Study:** Ephesians 2:1-4

**Reading:** Romans 6:1-14, I John 4:17-14

**Memory:** Romans 8:23

**T**he word “but” is one of the greatest words in the English vocabulary. It is used often in many areas of life and states a condition. It is used to show how a change at the end of a sentence affects the first part of the sentence. Note some of the following examples: “I was constantly wasting all my money on her, but then she dumped me.” Or, “Everyone thought my joke was funny, but then I realized they were laughing at me because my zipper was down.” See how the end of the sentence affected the beginning?

Today’s passage of scripture used the word “but” to show us what God has done for us. Our life was miserable before we accepted Christ, **BUT** God changed all of that.

### **What Does the Bible Say?**

Verse 1 tells us that we were dead and had no hope. There was nothing we could do by ourselves to give us life. Why were we dead? We were dead because of our sins, Not only the sins that we commit, but because we have a sin nature, and are born in sin (Psalms 51:5). The word “sin” basically means “to miss the mark.” We have not met up to the target of God’s holiness and have fallen short. The word “trespass” means to slip, fall, stumble, deviate, or go the wrong direction. We were dead and had no spiritual life and were destined for eternity apart from God.

Paul made it clear that we as humans have a sin nature. Romans 5:12 says, “Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned—” Before we were saved, we were controlled by Satan. “The Prince of the power of the air” is a direct reference to the Devil. He is not a weak creature. He is extremely cunning and smart. He is the prince of the demons and is working continual evil in the world.

We were children of wrath. We were destined to face the wrath of

God because we were born and live in sin. Many times it is easy to get angry at the great amount of evil found in the world, but the Bible tells us that the world is going to be evil because people strive to please themselves. Can we expect anything different? What do the people of the world have to live for except themselves? They have nothing to live for just as we didn't before our salvation. They are doomed to a Christless eternity unless they accept the gospel of Christ.

After Paul takes three verses to describe our state and what we were like without Christ, he follows with the next couple of verses. Look at the beginning of verse 4. I feel that these are the two greatest words in the Bible – “But God.” We were stuck with no way out, doomed to live a life of selfishness and destruction, having no hope in this world – But God. We were children of Satan working for his cause directed by his demons and servants to his world – But God. When you truly understand your helpless state before Jesus stepped in to save you, it will cause you to greatly rejoice in the miraculous work that He has done.

### **How Does this Apply to Me?**

Do you realize what condition you were in before you met Christ? This does not mean that you were an awful human being who acted just like the devil and all the wicked men of the world. There are many good people who don't know Christ, but they do not fully understand that they are children of the devil headed towards the wrath of God even though they think they are “good” people. Scripture makes it clear that by nature all men are born sinners. Nothing on the outside makes you evil. You are born evil. When you realize this it should cause, great rejoicing as you understand that your only hope is Jesus Christ.

### **Suggestions for Prayer**

- \* *Thank the Lord for His work in your salvation.*
- \* *Ask the Lord to help you understand the gift of salvation.*

### **Thought for the day**

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What does it mean to be dead in your sins (vs 1)?

Why is it so important to understand that without Christ you are spiritually dead?

Why do you think he mentions “trespasses” and “sins” (vs 1)?

What course of life do unbelievers follow (vs 2)?

What do you think this means?

*\*\*\*The Greek words used here are “aion” “kosmos.” Most of us would be familiar with the word “Cosmos” indicating the world around us, the universe. The word “aion” mean “era or age.” It is not a reference to time, but more indicating a direction of something. Here it describes how unbelievers walk in the same direction as the rest of the world around them.*

Who does the world follow (vs 2)?

What is this spirit doing (vs 2)?

*\*\*\*This does not mean that Satan is like the Holy Spirit. He doesn't dwell in all unbelievers and he can't be everywhere at once. It is the general “spirit” of the world. The attitude and direction the world is going.*

Why do you think believers are described as the “sons of disobedience” (vs 2)?

What do all people live in (vs 3)?

What do all people naturally carry out (vs 3)?

What does it mean that people are born as “children of wrath” (vs 3)?

Who is a child of wrath (vs 3)? Why is this so important to understand?

# “Rich in Mercy”

**Study:** Ephesians 2:4-7

**Reading:** Romans 5:6-11, Ephesians 2

**Memory:** Romans 8:23

**M**any people get stuck in difficult places at certain periods of their lives. We have all seen on the news earthquake victims who are trapped in rubble for days at a time. It is always an incredible sight to see a survivor pulled out after having been trapped for many days. Other people get trapped in their cars after automobile accidents. Still others get covered with snow in an avalanche. The common denominator for all of these catastrophes is that the victim has no way out except by the help of others.

As humans we were dead and trapped in our sins and there was nothing we could do about it. No matter how hard we tried to work our way out, we couldn't. That was why we needed God to step in and rescue us when we called out to Him.

## What Does the Bible Say?

Yesterday we discussed how our sin has put us in a terrible predicament. We also discussed how there was no way out until we came to verse four – “But God.” Notice all the descriptive adjectives that are used to describe all that God is. He is rich in mercy. Rich can be defined as over-abounding, without measure, unlimited. Mercy can be defined as compassion for the miserable. Why does He have this immeasurable compassion towards us? Because of His love, His great love. If you pause to think about it, would you still love someone if day after day they defied your commands and became your enemies (Romans 5:10). Not many, if any, would still love that person. We would probably become angry at him for what he was doing to us. But God, because of His mercy and grace, which is undeserved favor, has made us alive with spiritual life. Verses 1-5 make it explicitly clear that the only way we can be saved is through God. It is only because of His love that we can have eternal life.

From verse 6 we can see that God does not expect us to live the rest

of our lives as spiritual beggars. He has elevated us to a position as His children, which gives us access to His great riches. The riches discussed here are not earthly riches, but spiritual riches which are far better. Scripture does declare that God will provide our financial needs, but places a much greater emphasis on our spiritual riches. We experience many of these riches on earth, but God doesn't want it to stop there. We are told that these riches will be for ages to come. Following God is not a short term deal, but a long term commitment from Him. We have a heavenly home reserved for us in addition to all the spiritual blessings we receive on earth.

It must be noted that all of these riches are “in Christ Jesus.” We do not earn them on our own. This is often difficult for man, especially those in the United States to realize. One of the great things about countries like ours is that we have the ability to make ourselves into something with hard work, determination and effort. Yet, when it comes to spiritual success, the only way for that to happen is through Christ (vs 7).

## How Does this Apply to Me?

Do you understand the great truths presented here in chapter 2? You were without hope, dead and lost in your sin, but God chose to love you. He didn't just rescue you and leave you to fend for yourself. He rescued you in great love and continues to pour out that love for you each and every day. These verses emphasize the amazing love that God gives to you, far above what you could ever earn and deserve. When you truly grasp that fullness of this wonderful salvation that you have been offered, it will spur you on to live for Him. One of Paul's great desires in many of his writings was to help the readers know how much God loved them. He knew that this love would be a deep motivation to cause others to live for Christ.

## Suggestions for Prayer

- \* *Thank God for his intervention in your life in bringing you salvation.*
- \* *Ask God to help you display His love to others around you.*
- \* *Ask God to examine your heart and life to see if there is any area that you need to change.*

Why do you think the term “But God” is such an important term (vs 4)?

What do you think it means to be “rich in mercy” (vs 4)?

How is the love of God described (vs 4)?

How have you experienced the great love of God (vs 4)?

Why do you think that Paul emphasized that God loved us even when we were in our sins (vs 5)?

Why is understanding this important in understanding your salvation?

What does it mean to be “made alive” (vs 5)?

What do you think the reference to Christ means (vs 5)?

What does it mean to be saved by grace (vs 5)?

Why is it vital to understand you have been saved by grace?

What does it mean to be raised up with Christ (vs 6)?

Where are we now seated (vs 6)?

What does this mean?

Why do you think Paul emphasized all of this is “in Christ Jesus” (vs 6)?

What does the reference of “ages to come” refer to (vs 7)?

What does God want to show to us (vs 7)?

How are the riches of God “immeasurable” (vs 7)?

Take a minute to meditate on the idea of His grace and kindness (vs 7).  
How should this motivate you to live for Christ?

## “His Workmanship”

**Study:** Ephesians 2:8-10

**Reading:** John 15:1-8, James 2:17-26

**Memory:** Romans 8:23

**W**hen I began to deer hunt, I decided I needed something to hunt from. I started the process of building a tree stand. I developed a plan in my mind, then found some wood and nails that I had lying around and started the process of building my first deer stand. I worked many hours on the stand and was able to use it when hunting season came around. From this stand I was able to shoot my first deer. I had created the stand for one reason, for hunting. I didn't just create it to be looked at. Very few things I build are pleasant to look at. I created it to be a useful tool for harvesting deer.

Today we will read about the fact that we are God's workmanship. He wants to work on us day after day so that we will be more like Him.

### What Does the Bible Say?

These verses are extremely simple to understand and are very straightforward. Verse 8 tells us that we are saved by grace through faith. What is grace? Grace is what we have been reading about the last couple of days. God decided to show undeserved favor on mankind. One of the main ideas of grace reveals that salvation is not up to us but up to God. He is the One that punishes sin, but He also is the one who chose to have favor on those who believe which means that we get way more than we deserve. This verse also tells us that we are saved through faith. Faith can be summed up as a total dependence on God. We must totally depend on Him and what His Word tells us about His grace towards us. It is not our faith that saves us, it is God's grace. We have to have the faith in Him, trusting that He will do what He says.

The end of verse 8 and beginning of verse 9 explain a little more about grace. It is God's choice to save us. We can not, in no way, earn salvation on our own. Salvation is a great gift from God. Gifts are offered for free, they are not earned. The Old Testament revealed that there was no way that good works could save a person. Hebrews 8:13

says, “In speaking of a new covenant, he makes the first one obsolete. And what is becoming obsolete and growing old is ready to vanish away.” The previous and following verses in Hebrews described how God created a new covenant of grace because the old covenant based on the works of men could not save anyone (vs 8-9).

Verse 10 is extremely important. It describes how we are not saved by good works, but that we are saved to do good works. Before time began, our all-knowing Father knew what He wanted to make out of us. The term “workmanship” describes something that is made, a manufactured product. It is God who has saved us, and it is God that has made us so that we can do good works. God has saved us to love others and carry out the plans He has designed us to carry out in our lives.

## **How Does this Apply to Me?**

God has made you for one purpose, to do good works. I don’t believe this is just a generic idea of doing good things, but that the good works referenced here are carrying out the specific plan of God for your life. The idea of you being His “workmanship” is similar to the idea mentioned throughout Scripture of you being the clay in the hand of the potter. He made you to do good works, but there are specific works and tasks He has called you to do. He wants you to know what He has made you for and to carry out that work in your daily life. God has a purpose and plan for your life. Take time to know what it is God has created you for today and seek to carry out that plan. This plan may change in time and take you in different directions throughout your life. Be continually moldable and pliable with a desire to live in continual obedience.

## **Suggestions for Prayer**

- \* *Thank God for the tremendous grace He has shown you.*
- \* *Ask God to show you any areas where you are not doing good.*

## **Thought for the day**

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What is grace (vs 8)?

What is faith (vs 9)?

Describe what it means to be “saved by grace through faith” (vs 8)?

What is not of your “own doing” (vs 8)?

Why is it vital to understand that salvation is by grace through faith and not by your own works?

Why is it important to understand that salvation is a gift (vs 8)?

What is not the result of works (vs 9)?

Why is salvation not by works (vs 9)?

Take time to ponder the depth of this short verse and describe why it is so important in understanding your salvation.

What are you (vs 10)? What does this mean?

What does it mean to be “created in Christ Jesus” (vs 10)?

What were you created for (vs 10)?

Describe the good works that God has called you to do and how you are carrying them out in your daily life.

Why is it important to realize that God prepared you for these good works before you were born (v 10)?

What does the last phrase of verse 10 mean?

# “Bought by the Blood”

**Study:** Ephesians 2:11-13

**Reading:** Romans 1:18-32, I Peter 1:14-21

**Memory:** Romans 8:23

In medicine, there is a condition known as “metastatic cancer” or “generalized carcinomatosis.” This is the term physicians use when a tumor has spread beyond its point of origin and all over the body. The patient is considered not suited for surgery. And although radiation and other methods may delay it, the outcome is inevitable. There is no known cure at that stage. What a difficult time it would be to find out that you have this type of cancer. You would have the feeling of extreme hopelessness and have no plans for the future. The only thing you could do was to pray for a miracle.

Sin is just like that cancer. As we have seen in the last couple of days, we are born as sinners and because of sin, death is inevitable. Only by the miracle of the cross can we be freed from our sin

## What Does the Bible Say?

Paul speaks directly to the Gentiles in the Ephesian church. What was a Gentile? A Gentile was anyone who was not a Jew (a descendent from Abraham & Isaac). God had chosen Abraham and made special promises to him and his children in what is called the Abrahamic covenant. God commanded Abraham to have all of his descendants circumcised as a symbol to show they were Jews. Paul makes the point in verse 11 that the Gentiles were called “the Uncircumcision.” Jews had the opinion that they were better than the Gentiles, but in actuality men are the same before God, sinners in need of a Savior. Circumcision was only an outward act and could not bring salvation. It was originally designed to be a continual reminder to the Jews of an inward separation unto the Lord. The whole point Paul is making here is to remind the Gentiles that they knew nothing about God and the deliverance that Jesus Christ could bring from sin.

In the Old Testament times, the Israelites (or Jews) were called to be an example of God, so the Gentiles would see their need for God and join

with the Israelites in trusting God. In the New Testament we are commanded to go out and share the gospel with the world around us. Verse 12 describes the condition of the Gentiles before they knew Christ. Many of them had never heard of the God of the Israelites. They had no chance of salvation. They were what is described as “afar off.” The end of the verse sums it up in plain terms as it says “having no hope and without God in the world.”

Verse 13 though, gives an answer to the problems presented in verses 11-12. Though they were afar off, now they are brought close to God by the blood of Jesus Christ. The blood of Christ is so important because it is what covers our sins. A sacrifice was what God required to reconcile our relationship with Him. That is exactly what Jesus was, the ultimate sacrifice for the sins of all mankind.

## How Does this Apply to Me?

Without Christ you have no hope. There is nothing to live for. The cancer of sin brings forth certain death and eternal separation from God in hell. It was because of this hopeless state that Jesus came to this earth to die for your sins. It is the precious blood of Christ that has saved you from your sin and the destruction sin brings. Paul spent a great deal of time in the first part of this letter spelling out the deep love of God revealed through Jesus Christ. If you begin to understand how much God really loves you and see the greatness of salvation, you will be compelled to love Him more and give Him your life completely. You need to realize that you are not a “good” person that God saved, but rather a terrible, rotten sinner saved by His grace.

## Suggestions for Prayer

- \* *Ask God to make your salvation and His wonderful work on the cross more real to you every day.*
- \* *Thank the Lord for being willing to die on the cross for you.*

## Thought for the day

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Who was Paul specifically speaking to in verse 11?

What is a “Gentile” (vs 11)?

Was Paul saying that Gentiles were worse than Jews?

*\*\*\*Though all men suffer the same spiritual condition and need Christ to deliver them from their sins, the Jews had the privilege of knowing about God for their heritage. Though many Jews rejected Jesus, they had been given a little more hope than the Gentiles because they had great knowledge of God. The point that Paul was making was meant to help the Gentiles be extremely thankful that God delivered them out of their hopeless state.*

Why did Paul indicate that circumcision was just a fleshly act (vs 11)?

What did it mean that they were “separated from Christ” (vs 12)?

How were they “alienated” from being citizens of Israel (vs 12)?

What were they strangers to (vs 12)?

How did Paul sum up their condition and the end of verse 12?

What point do you think that Paul was attempting to drive home in verses 11-12?

What do the words “But now” at the beginning of verse 13 indicate?

Why is the phrase “in Christ Jesus” so important (vs 13)?

What had Christ done for those who had been far away (vs 13)?

What was needed to bring men close to Christ (vs 13)?

*\*\*\*Though the Jews were closer to God because of the Old Testament, they were still not with God unless they received Christ. The Gentiles were far away, but the blood of Christ made them be united with God.*

## “The Wall is Gone!”

**Study:** Ephesians 2:14-16

**Reading:** Galatians 3:19-29, Matthew 22:34-40

**Memory:** Romans 8:23

In 1961 the Berlin Wall that separated the communist East Berlin from free West Berlin was erected. Between 1961 and 1989, a few East Germans managed to escape to West Berlin, but at least 80 people died trying to cross the border. In the summer of 1989, the Berlin Wall became irrelevant when Hungary allowed East Germans to pass through Hungary on their way to Austria and West Germany. In the fall of that year, the East German regime was on the verge of collapse, and on November 9, enthusiastic private citizens began to demolish whole sections of the wall without interference from government officials. East Germany eventually participated in the removal of the Berlin Wall and reunited with West Germany in 1990 as one nation, the Federal Republic of Germany.

Today we are going to look at the wall that Christ broke down. No, it was not an actual wall that Christ bulldozed through, but it was a barrier that humans could not break down. Christ is the only One who can break through that wall.

### What Does the Bible Say?

In the temple, there was a wall that separated the area where the Gentiles could go (the court of the Gentiles) from the areas where the Jews could go. Many Jews grew up learning about God and had the prime opportunity to follow Him, where many Gentiles were left off the outside and it was more difficult for them to know about God. When Jesus came, He died for all men. He broke down that dividing wall between the Jews and the Gentiles allowing the Gentiles free access to God without the limitation of the Jewish Law. The Gentiles didn't have to convert to being a Jew in order to reach God, because the Old Testament laws were no longer in affect. Instead of two distinct groups, Jews and Gentiles, Jesus opened the door for all of those who followed Him to be His disciples and be united together. Before Jesus, there was



a great difference between Jews and Gentiles. The passage tells us that since Jesus died in the flesh there is no longer any difference.

Does this mean we don't have to keep the ten commandments given in Exodus 20? The Old Testament law involves much more than the ten commandments, but the correct answer is "no." This doesn't mean that you can murder, lie, steal, commit adultery, etc. Almost every one of the ten commandments are restated in the New Testament. In Matthew 5 Jesus talked about some of these commands and revealed that not just outward actions are sins, but also thoughts in your mind can be sin. (vs 14-15).

There is an extremely important word in the Christian's vocabulary found in verse 16. The word "reconcile" holds the idea of turning from hostility to friendship. Jesus Christ has removed the barrier and has covered our sins with His blood. Because of Jesus we do not have to face an eternal separation from God. Just as the Berlin wall was broken down to reunite the East and West as one nation, so Christ has broken down the barrier of sin and has joined us to God (vs 16).

## **How Does this Apply to Me?**

Do you realize the amazing work that Christ accomplished when He died on the cross? He opened the door for all people to come to Him and allowed all men to become children of God. He not only broke down the wall that separated Jews and Gentiles, but also broke down the wall that separated men from God. The Old Testament Law revealed the need for perfection that no man could obtain. It revealed the great wall of sin between men and God, but that wall was destroyed by the blood of Christ. The work of Jesus not only allowed Jews and Gentiles to be one, but the emphasis is that it allowed all men to become children of God.

## **Suggestions for Prayer**

- \* Thank God for breaking down the barrier of sin.
- \* Ask God to make you continually thankful to Him.

## **Thought for the day**

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What is Jesus (vs 14)?

What do you think this means?

Who are the two groups Jesus made one (vs 14)?

What did Jesus break down (vs 14)?

What do you think the "wall of hostility" meant (vs 14)?

*\*\*\*The Greek term "hostility" meant "enmity" and often pictured the idea of hatred towards an enemy. It was the opposite of "agape," the term translated "love" and emphasized the deep love for another person.*

Why did Christ abolish (vs 15)?

How were the Old Testament laws described in verse 15?

How did this make peace (vs 15)?

Why do you think Paul talked about a peace between the Jews and Gentiles (vs 15)?

*\*\*\*The peace he was referring to wasn't necessarily a physical peace. The Jews were looked at as children of God. Though the Bible makes it clear that not all Jews were children of God just because they were physical descendants, here Paul is illustrating the idea that all men can be children of God through Jesus Christ, not through keeping the law.*

What does the word "reconcile" mean (vs 16)?

Why is this such an important biblical word?

What is able to kill the hostility between Jews and Gentiles (vs 16)?

Why do you think Paul emphasized that both Jews and Gentiles are now "one body" because of Jesus Christ?



# “One in Spirit”

**Study:** Ephesians 2:17-22

**Reading:** I Corinthians 6:12-20, I Corinthians 12:12-31

**Memory:** Romans 8:23

I have built a handful of structures (shelves, deers stands, decks, sheds) over the years and have improved greatly in my building skills. When I first started building things, very little was square or uniform. I would just build for function and though my structures weren't often pretty, they held up most of the time. As I grew in my abilities, I started focusing more on the foundation and the building materials. I realized the great importance of the proper foundation and making everything square and even. I also chose to use the right building materials to make it not only strong, but also pleasing to the eyes.

Today, we are going to see that the church is God's building. He has designed it to be based on Jesus with the revelation of His Word through the apostles and prophets to be the foundations. The believers make up the walls and we are to be a place where the Spirit of God dwells.

## What Does the Bible Say?

Jesus came to bring peace. Not physical peace. Jesus said “Do not think that I have come to bring peace to the earth. I have not come to bring peace, but a sword.” (Matt 10:34) Though the Gentiles were far away from God and the Jews were closer to Him, both needed only the peace Jesus could provide. The Jews were looking for someone that would deliver them from the oppression of the Romans and bring peace to their nation, but Jesus didn't bring that type of peace. The peace that Jesus brought was peace with God. Our sin made us enemies, but the work of Jesus made peace possible (vs 17).

The Jews did not have more privileges than Gentiles in the church. Both Jews and Greeks had access to God through the same Holy Spirit. He is the one link that joins every believer to God. The word “access” was a term used for those officials who introduced people to a king. The Holy Spirit gives us access to God any time we want it (vs 18).

In verse 12, Paul told the Gentiles they were strangers, but here in

verse 19 he says that they are citizens. Not only are all believers citizens of His kingdom, but we have become members of God's household.

The household of God was built on the foundation which had been given by the apostles and the leaders of the church after the ascension of Christ. They did not come up with a religion on their own, but were sharing what the cornerstone, Christ Jesus, had taught them. The cornerstone was the first stone laid for a structure and the stability of the structure was based on that stone. Each believer is a new stone added to the construction and helps make up the “temple of the Lord.” Whether a person was a Jew or a Gentile, they were all part of the same building which was to be a house for God to dwell in. The Holy Spirit dwells in the hearts of individual believers, but He also unites us together with other believers to make the church (v 19-22).

## How Does this Apply to Me?

Do you ever catch yourself thinking that you are more important than someone else in the church? Do you think others are more important than you and they have special access to God? We all have the same access through the Holy Spirit. You have as much ability to communicate with God as the person you look to as being a great spiritual person. Understand that you are powerful as an individual because of God inside of you, but God doesn't want you to live separate from others. He has designed the church to be a place where believers unite and display the great power of Christ through the working of the Holy Spirit. In our individualistic society, it is easy to think that church is all about to you, but God has designed it to be so much more than that.

## Suggestions for Prayer

- \* Thank God for your church.
- \* Ask God to help you humbly serve others in your church.

## Thought for the day

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Who is the “he” mentioned in verse 17?

What did He preach (vs 17)?

Why were Gentiles described as being farther from God (vs 17)?

Why were Jews described as being closer to God (vs 17)?

Does this mean that Jews had a better chance of being saved? Explain.

What do we have through Jesus (vs 18)?

Why is access to God so important (vs 18)?

Why do you think Paul declared that we have “one Spirit” (vs 18)?

What status did all believers have before they became believers (vs 19)?

What are we able to become through Christ (vs 19)?

Why is it important to understand that as a believer you are a member of the “household of God” (vs 19)?

What is the foundation of our faith (vs 20)?

What does it mean that Jesus is the cornerstone (vs 20)?

How is the whole structure joined together (vs 21)?

Why do you think we are being made into a temple for God (vs 21)?

Why did Paul emphasize that the Gentiles had a part in this (vs 22)?

Why is it important to understand the Holy Spirit lives in all believers (vs 22)?

*\*\*\*In the OT, the presence of God dwelled in the temple, but in the NT age, the Holy Spirit lives in the life of each believer.*

*Romans 8:1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot. 8 Those who are in the flesh cannot please God. 9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. 10 But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. 11 The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you. 12 So then, brothers, we are debtors, not to the flesh, to live according to the flesh. 13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. 14 For all who are led by the Spirit of God are sons of God. 15 For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” 16 The Spirit himself bears witness with our spirit that we are children of God, In 17 and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. 18 Yet what we suffer now is nothing compared to the glory he will reveal to us later. 19 For the creation waits with eager longing for the revealing of the sons of God. 20 For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope 21 that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. 22 For we know that the whole creation has been groaning together in the pains of childbirth until now. 23 And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies.*