

# *A Daily Devotional Study Guide*



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## **The Epistle to the EPHESIANS**



**WEEK 4**

## **“Unity”**

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

**Reading:** Philippians 3:15-21, 1 Corinthians 13

**Memory:** Romans 8:25

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

“Therefore” is the word that is used at the beginning of chapter 4. There is an old phrase that says, “Whenever you see a ‘therefore,’ always look to see what it is there for.” It basically means that because of what was just said, this is what we should now do. In the first three chapters we have read about our position in Christ. We have read how God has loved us and adopted us as his children. The last three chapters tell us that because of our position, we have obligations to the Lord. These chapters tell us what God expects to see out of His children.

We have been called by God to live lives that are different from those who are not children of God. The first few chapters tell us that we have been set a part for a purpose and that we are the workmanship of God created to do good works. Because of that, God desires us to live in a way that is worthy of our calling. The ESV uses the term “walk” which is a term describing the way we live our daily lives. It is interesting that when Paul urges the believers to live godly lives that he also mentions that he was a “prisoner of the Lord.” This appears to be an extra encouragement to the people. If he was a prisoner and was willing to submit to the plan of God, even though it could mean continued time in prison or even death, they should be willing to submit to God as well (vs 1).

The way to live out our calling is through humility, gentleness, patience and love. This is by no way a new revelation that Paul gave to the believers. Though many of them may not have had great understanding of the Old Testament because many were Gentiles, these themes are mentioned throughout Scripture. Many of the Old Testament rules and regulations were given with these themes in mind.

Humility was mentioned over and over by Jesus in his earthly ministry and many of the Old Testament characters were exalted for their humility. Proverbs repeats warnings against pride in many different

places and the idea of humility is mentioned in almost every New Testament book. This is because when we as people are born sinners, we are born with great pride. We often think we are better than others and we often strive to have things our way all the time. This will be a constant battle for every believer, but when you choose to continually submit yourself to God and others, you will find a great joy in fulfilling the Word of God.

Gently treating others is vitally important to your walk with Christ. Many times the Israelites were rebuked for their mean treatment of others. It is easy for those who have reached a certain maturity level or certain knowledge about something to look down on others and be rough with them rather than to treat them in a gentle manner. Patience goes hand in hand with gentleness because it is often difficult to be patient with others who aren't like us. These characteristics are vital for unity in the church and for you to shine as a light for Christ to the world around you.

Ultimately, these characteristics show love. Love is a choice. You have to choose to love others who are different than you. There are some people who are naturally easy to love and others where love becomes much more difficult. This is why we are told to bear with one others. Many times love is choosing to put up with the faults and failures of others in order to accomplish a greater good. People need room to grow in a loving environment where they are accepted and encouraged (vs 2).

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

Do you look down on others who are not like you, or do you love them and realize that God has made them for a different purpose than He made you? One of the greatest realizations you can make in dealing with others is to realize they are different than you and that is a good thing. Too often it is easy to get upset or bothered when others don't think like you or act like you. Instead of letting these differences bother you, you should embrace them and choose humility, gentleness patience and love.

## **Thought for the day**

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Why does Paul begin chapter 4 with “therefore”?

Why do you think Paul stated he was a prisoner of the Lord (vs 1)?

What did Paul urge them to do (vs 1)?

What did Paul want them to walk worthy of (vs 1)?

What do you think the calling of the Lord is (vs 1)?

*\*\*\*All believers have a general calling to live for God and obey certain principles presented in Scripture. Each believer also has specific callings on their lives to carry out their function in the body of Christ.*

*Verse two mentions four vital characteristics to live out in your life. For each characteristic describe how you are living these out and then describe how you struggle to live these out. While you are thinking about these things, ask God to show you how you can practice them in a greater way in your daily life.*

Humility:

Gentleness:

Patience:

Love:

# “On The Same Team”

**Study:** Ephesians 4:3-6

**Reading:** 1 Corinthians 12:1-31

**Memory:** Romans 8:25

**A**fter the last game of coaching a fairly successful soccer team, I was about to get on the bus to head home when a truck drove up and a man from inside the truck started cussing at me. It took me a second to figure out what was taking place, and when I did I realized it was one of the parents of one of my seniors who was not happy with me. We were getting blown out in the last game so I chose to play some of my younger players for the last portion of the game which meant that I had to have some of my seniors sit the bench. One of those players that sat for the last 10-15 minutes of the game was his daughter. I tried to explain how I was trying to give the younger players a chance to gain experience, but he simply declared (in a not so kind way) that he didn't care about the younger players. Basically all he cared about was himself and seeing his daughter play.

Today, we are going to see the importance of unity in a church. The world lives for themselves and only cares about what is best for them, while a believer should think about others and how they can encourage one another in the Lord.

## What Does the Bible Say?

In verse 2, Paul encouraged the believers to live with humility, gentleness, patience and love. When these characteristics are lived out in the life of a believer it will help them live in unity with other believers. Paul stated that we can be unified “in the Spirit.” As believers, we have a supernatural ability to live in unity because we all have the same spirit. It is the Holy Spirit that will help us display the character traits mentioned in verse 2. It is the Holy Spirit that binds us together and allows us to live at peace with one another. The Greek Word for bond is “syndesmos” and was used to refer to chains or ropes that would hold things together. The word was also used for the joints and bands on the body that would hold body parts together (vs 3).

Paul went on to declare that there is only one body of Christ. There

is only one Holy Spirit. The church, though made up of many individuals, is all one body that should be working together. In those days, one of the great divides was between Jews and Gentiles. We have many divides today in the body of Christ based on multiple cultures and multiple ethnicities that live together. Yet we all have the same Spirit. We all have the same hope that we have been called to. We are all part of the same family (vs 4).

Verse 5 relates that we have “One Lord, one faith, one baptism.” We all have to come to God through Jesus Christ. No one is exempt from this. From the person who grew up in the most religious home, to the person who has come to Christ out of great wickedness, we all have to take the same path to God through Jesus. That path is not base on our works, but on our faith in Jesus Christ. Paul said that believers also had the same baptism. Most likely this is a reference to water baptism that symbolized a new life in Christ. Though people are baptized many different places and in somewhat different ways, the meaning was still the same for all. It symbolized coming to God through Jesus Christ. The death of one's self and the new life found in Jesus (vs 5).

We all worship the same God. Though this is a common thought to us today, they lived in a polytheistic culture where there were multiple gods. Those who were true believers had to come to the point where they chose to trust in the one God. He is the same God who saves all those who call upon the name of His Son. He is the God who created all things and is over all things. He was not like the gods of the Romans which often changed and were made up by men. This was the God above all gods and the followers all worshiped the same God. The emphasis that Paul is placing in these verses is that all believers should be united together because we are all on the same team.

## How Does this Apply to Me?

Do you realize that you are on the same team as the other believers around you? This not only applies to your local church, but to other believers in your community and around the world. You are not in a competition with other Bible believing churches, but you are in a partnership working together for your Master. It is very easy to think you are better or your way is better than others, rather than work together for the cause of Christ.

Why do you think Paul used the term “eager” (ESV) at the beginning of verse 4”?

Why do you think it is sometimes hard to be eager for unity?

How can you have “unity of the Spirit” (vs 3 - ESV)?

What is the implication of this when there is not unity?

*\*\*\*If it is the Spirit that unifies, when there is not unity it indicates that one or both parties are not walking in the Spirit.*

Why do you think Paul used the word “bond” when describing peace (vs 3 - ESV)?

Why do you think Paul used the illustration of a body when describing the church (vs 4)?

Why it is important to realize that we have “one Spirit” (vs 4 - ESV)?

What is the hope of your calling that Paul referred to at the end of verse 4?

Why is it important to realize that all true believers have the same God (vs 5)?

How do all people have to come to God through the same faith (vs 5)?

What did “one baptism” symbolize (vs 5)?

How is God described in verse 6?

Why do you think Paul described Him this way?

What do you think are the biggest hindrances to unity in the church?

How can you do your part to live in unity with other believers?

## “Grace Given”

**Study:** Ephesians 4:7-10

**Reading:** II Peter 1:1-11, Psalms 68:18-23

**Memory:** Romans 8:25

**W**hat goes down must come up. Right? Well, that is not how the normal phrase goes, but sometimes that is the case. In the Sleeping Bear Dunes National Lakeshore on Lake Michigan there are several steep bluffs. There is one in particular that has a warning sign on the top of it. Over the years, the National Park has placed a few different signs at the top of the hill warning people of the difficulty of the climb back to the top. It is around a 450 foot descent to Lake Michigan. Most people like going down, but as soon as they reach the bottom and look up, they often start to regret their decision. Once you are at the bottom, you pretty much have one choice. You have to climb back up. Though the climb is hard, the victorious feeling most people feel once they reach the top makes it worth the climb.

The passage we are going to look at today tells us how Jesus descended down to earth, but how He also ascended back up into heaven, victorious over Satan. Jesus chose to come down and become a man so that He and His church can have victory over the Devil.

### What Does the Bible Say?

Individuals are what make up a church. In verses 1-6 we saw how we should all work together for unity in the body of Christ. The rest of the verses in the chapter deal with our responsibility as individuals who make up the body of Christ. God’s grace does more than bring us salvation. God’s grace (undeserved favor) freely gives us gifts that we can use for Him. God knew what spiritual gifts He was going to give us, even before we accepted Him. It is God that gives these gifts, and it is Him alone that should receive the glory from them. Understanding that every believer has different gifts and abilities is vital for unity in the church.

How does Jesus have the ability to give us these gifts? Paul answers that question in verses 8-10 by using a passage from Psalms 68. The Psalm was a description of the triumph of David over the Jebusite city of

Jerusalem and how he shared the spoils of his victory with the people. Jesus humbled Himself and descended to earth as a man (vs 8). Paul then declared that if Jesus ascended, that means he also had to first come and descend into our world. Paul made reference to the lower parts of the earth which appear to be in contrast with the higher parts of heaven. Basically, he humbled Himself in an incredible way by leaving His throne in heaven and coming to the earth as a lowly baby (vs 9).

Just as David took Jerusalem, defeating the enemies and gaining much spoil for his people, Jesus ascended back into heaven, gaining victory over death and along with it had many gifts for His people. One of the greatest gifts Jesus gave to His followers was the Holy Spirit. It is this Spirit who fills the followers of God with His fullness and also the Spirit who has the right to distribute gifts to be used for the kingdom of God (vs 10).

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

What are you as an individual, doing to build the body of Christ, the Church? God has not only shown you favor in saving you, but has also gifted you to serve Him. God has given you His Spirit and along with that Spirit comes great power and great responsibility. Christ's gift for you through salvation gives you so many wonderful things in this life as well as the promise of life to come. Before Paul went in to describing the spiritual gift, he wanted the readers to understand the great importance of these gifts and the source of the gifts. When you understand that God is the giver of gifts, you should not become jealous of what you don't have or prideful about what you have been given.

## **Suggestions for Prayer**

- \* *Thank the Lord for His grace towards you.*
- \* *Ask Him to reveal any areas of your life that are displeasing to Him.*
- \* *Ask God to allow you to tell someone else about Him today.*

## **Thought for the day**

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What was given to each person (vs 7)?

Who was the giver of this gift (vs 7)?

Why is it important to realize that God is the originator of the gifts and abilities you have?

When did Christ ascend to heaven (vs 8)?

What do you think it meant that he led a "host of captives" (vs 8)?

*\*\*\*In David's day, the captives symbolized great victory over the enemy. The conquering of a city meant that the inhabitants of the city would be your captives. Paul paraphrased Psalm 68:18 to indicate the victory that Jesus had over sin and death.*

What did He give to men (vs 8)?

What did Paul clarify about his choice for using the term "He ascended" (vs 9)?

When did Christ descend to this earth (vs 9)?

Why is it vitally important that Christ came to this earth?

Why is it vitally important that Christ ascended into heaven (vs 10)?

Why do you think that Paul declared that Jesus went above all the heavens (vs 10)?

*\*\*\*The term for heavens is often used of the stars and the sky. Jesus went way beyond that to the highest throne, the throne of God.*

What do you think it means to fill all things (vs 10)?

*\*\*\*Jesus is filling the universe with His divine presence. He is the victorious conqueror and ruler of the world.*

# “Unified as One”

**Study:** Ephesians 4:11-13

**Reading:** I Corinthians 12

**Memory:** Romans 8:25

One of the hardest parts about coaching is getting the teammates to see the importance of working together. In my many years of coaching, I have only had a few years where I was blessed with great talent. Most of the time I coach, I have willing participants, but not many kids who know much about the sport or who don't really love the sport. It often takes much of the season, but I have been fairly successful over the years getting a team to gel and doing pretty good for the talent level we have. It often takes a full season for many of the individuals to learn their role and accept the roles of others on the team. A team that is unified will often be a successful team.

Today, we are going to see how Paul described the importance of working together in the body of Christ, understanding that each believer has been called by God to carry out the work of the ministry.

## What Does the Bible Say?

Paul had been relating the importance of unity in the body of Christ and described how believers have been given gifts by the Spirit. There are three specific times that spiritual gifts are specifically talked about in God's Word (1 Corinthians 12:4–11, 27–31, Romans 12:3–8, Ephesians 4:11). Not all of the lists are exactly the same, and this passage in Ephesians is the shortest. The purpose of this passage is not to give an in-depth look into spiritual gifts, but to illustrate how each individual in the body of Christ is different.

The spiritual gifts that are mentioned in verse 11, Apostles, prophets, evangelist, shepherds (pastors) and teachers, are all gifts that refer to the leadership in a church. This does not mean that a person has only one gift or that they have to have more than one gift. Many people try to teach about spiritual gifts separate from the context of the passage. When you understand the context of Ephesians 4, you realize that Paul wanted the people to realize that God gave specific gifts to people for leadership

in the church to help the church grow. Many commentators believe that some of these gifts, specifically apostles and prophets, were no longer needed in the church once the Bible was completed. The point that Paul emphasized was that there should be unity in the church and part of that unity comes when we understand that God has created and gifted people differently (vs 11).

The phrases used in verse 12 describe the purpose for spiritual gifts, specifically the leadership gifts. God gave these gifts to help equip the individuals of the church (the saint - those who are set apart for Christ) to carry out the work of the ministry. Basically, the leaders direct people to the Word of God and help prepare them to be useful servants of Christ. Once we are equipped for His service, the body of Christ (the Church) becomes stronger. The stronger the church is, the more it will accomplish for Christ. Many people think that it is the leader's responsibility to do the work of the church, but according to Paul the leader is to equip the people to do the work God has called them to. (Vs 12).

Verse 13 gives us the goal of the church and of every individual in the church which is to be like Christ. The “unity of the faith” refers to the whole church working together for the kingdom of Christ. This unity is obtained by knowing God through His Word. “A perfect man” does not necessarily mean to be sinless, but to be spiritually mature. The first three parts of verse 13 can be summed up by the last phrase. It basically means that every saved individual should strive to be like Christ. When a church is being taught the principles of God's Word and are growing in Him, that church will thrive in carrying out God's plan in this world (vs 13).

## How Does this Apply to Me?

Do you realize the great importance of unity in the Body of Christ? It is very clear that unity begins with the leadership of the church teaching the truths of God's Word. As people understand and submit to God's Word, they will start to become more and more like minded. When they are like minded, they will work together for the same cause using their gifts and talents given by God. In a unified church, the individuals of the church will embrace their roles and carry out the work of the ministry according to their gifts and abilities.

List the five spiritual gifts mentioned in verse 11. What do you think each one means?

1.  
*\*\*\*From other Scriptures and apostle appears to be a person who has physically seen or learned from Christ.*
2.  
*\*\*\*A prophet is a person who declares the truth. Many believe that the church no longer has prophets since we have the Word of God and no longer need new revelation.*
3.  
*\*\*\*This is someone who has been gifted to share the Word of God with unbelievers.*
- 4.
5.  
*\*\*\*Some commentators believe that pastor and teacher are the same gift, though it is clear that some pastors are better at taking care of the flock and some are better at teaching.*

Why did God give these leadership gifts to the church?

- 1.
  - 2.
- Why is it important that the saints are equipped to do the work of the ministry (vs 12)?

What do you think this means (vs 12)?

How will these spiritual gifts help build up the body of Christ (vs 12)?

What is the ultimate goal described in verse 13?

What does maturity have to do with unity (vs 13)?

What should we use as our standard of measurement when it comes to our spiritual life (vs 13)?

Why is it so important to use the right measuring stick?

## “Drifting Away”

**Study:** Ephesians 4:14-16

**Reading:** II Timothy 3:10-17, Colossians 2:1-15

**Memory:** Romans 8:25

The closest I have ever been to being a true hero was during my honeymoon. My wife and I rented a pair of Jet Skis, and, with the deal we received a tour of the coast line of St. Petersburg, Florida. We came to a beach area, where, in spite of the danger signs, there were several people swimming. The dangerous part about this particular area was the current that could sweep people away from shore, rather than pulling them into shore. When we went past the beach, a lady and her child, who had been laying on an inflatable raft, had drifted away from the shore. The current was sweeping them further and further out into the sea. We came to the rescue. (Actually it was our guide who did all the work, but we watched!) The lady and her child were safely returned to the beach.

They drifted out because they had no anchor to hold them close to shore. They were at the mercy of the waves and the ocean current. The passage we will look at today explains how if we are anchored in the knowledge of the Word of God, we won't be tossed about in every direction, but we will constantly be growing in Christ.

### What Does the Bible Say?

Verse 14 is a continuation of the idea that was presented in the previous verses. It reveals that if we are growing in the knowledge and image of God, we will not be deceived by false doctrine. The early church struggled constantly with teachers who would not teach the right things. They did not have a completed Bible like we have, so they relied on the disciples and other leaders to preach the truth. Many times, false teachers would come in and take the truth of the gospel and slightly distort it. This type of thing still happens many times in our society today even though we have the Word of God.

There are many religions all over the world that take the Bible and add things to it or take things away from it. Some major denominations

in the United States say that you need to believe the Bible AND church tradition. Some emphasize the necessity of works for salvation and others don't talk about sin or the need to repent. Even though we have more access to the Bible than any other culture in history, many people fail to read it and study it and are carried away by false teaching (vs 14).

One of the biggest reasons that people fail to teach the whole Word of God in our society today is because the Word of God can come across as unloving. For instance, the Bible is very clear that homosexuality is a sin, but many Christians appear to present hatred towards the LGBT movement. Because of this, many churches do the opposite and embrace the sinful lifestyle. When the Word of God is taught, it should be boldly declared, but also declared in a loving manner. When we do this, it will help build the church by becoming more and more like Christ (vs 15). Verse 16 describes how the church is like a human body in which each Christian is a body part that is held together by the joints, which is the Word of God. We all have different functions and responsibilities, but it is the Word of God that make us all able to work together. As we obey and follow the Word of God in love, we will help produce more love and strengthen the body of Christ (vs 16).

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

Are you knowledgeable about the Word of God? What are you doing to gain more understanding? It is so important that you see the need for spiritual growth. Just like when you diet and exercise you strengthen your body, when you read and obey the Word of God, you are strengthening the church. The opposite is true as well. When you fail to exercise and eat poorly, you often bring harm to your body. When you are not growing and learning, you can bring harm to the body of Christ.

## **Suggestions for Prayer**

- \* *Ask God to help you continually grow in Him.*
- \* *Ask God for wisdom and understanding of His Word.*
- \* *Thank Him that He has given you the ability to know Him.*

## **Thought for the day**

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What will you not be when you grow in Christ (vs 14)?

What is the difference between a child and an adult when it comes to Christian spiritual maturity (vs 14)?

What can happen if you are not anchored in the Word of God (vs 14)?

What are some false teachings that are prevalent today and take people away from the Word of God?

Describe how you have seen others drift from the faith?

How do you think you can avoid this?

What does it mean to “speak the truth in love.” (vs 15)?

How can you practically speak the truth in love to a world that embraces sin?

What does it mean to “grow up” in Christ (vs 15)?

How is Christ described (vs 15)?

What do you think this means?

How is the body held together (vs 16)?

Why do you think the church is illustrated by a body (vs 16)?

Why is it important that each part of the church work properly (vs 16)?

How can a church build itself up in love (vs 16)?

Take a moment to sum up verses 14-16 in your own words.



# “The Correct Measurements”

**Study:** Ephesians 4:17-20

**Reading:** I Peter 2:1-12, Titus 3:1-8

**Memory:** Romans 8:25

**W**hen my wife and I moved into our home in Michigan we bought some nice blinds for our bedroom windows. In order to allow them to fit our windows, we had to have them trimmed to a certain width. When we attempted to install the blinds, we realize that the width was correct, but we had bought blinds that were too short. Because we had them cut for our windows, we could not return them. They were 2-3 inches short and since we didn't want to buy new ones, we just put them up and chose to live with them.

Today, we are going to see that the world does not use the correct measurements to determine what is right and wrong. As believers, we have the Word of God which reveals how God desires us to live.

## What Does the Bible Say?

Paul had spent time in chapter 1 describing the riches we have in Christ. He then reminded believers in chapter 2 how God had delivered them from sin and sealed them with the Holy Spirit. In chapter 3 and the beginning of chapter 4 he prayed they would understand who God was and realize His great love. That love should be displayed to others and produce unity.

In verse 17, Paul makes a transition and gives teaching on how they were to practically live their lives. God makes it clear that we need to be different than the world. The word “walk” in verse 17, does not mean actually walking with our legs, it means our whole lifestyle, the way we live. We should not live like we used to live before we were saved or live like the unbelieving world. Paul stated that the world lives in the “futility of their minds.” Basically, the world is confused and that confusion often brings about hopelessness. They make up their own rules about what is right and wrong and this often leads to greater emptiness and dissatisfaction (vs 17).

Because they are not children of God, their understanding of what is

right and wrong is darkened and they don't experience the blessings of God. Their hearts are hardened towards him and they often disregard the teachings about what is morally right (vs 18).

As a result of having no moral absolutes and nothing greater to live for than the world around them, they give into their sexual appetites and personal greed. This does not mean that all unbelievers are morally corrupt, but pictures the society in general that is without Christ. They live by the idea that “if it feels good, do it” or “if I can gain from it and not get in trouble, it is okay.” The believer measures right and wrong by the standard of the Word of God while the world picks and chooses what they think is right and wrong (vs 19).

Paul told the believer that they had not learned about Christ only to live like the rest of the world around them. They were to be set apart (saints) and different, seeking to accomplish things of true value rather than just to fulfill temporary pleasures (vs 20).

## How Does this Apply to Me?

Are you using the correct measurements when you are determining what is right and what is wrong? The more you are part of the world and the less you are part of the Word, the more you will find yourself using the wrong measurements. This may not appear to be a big deal because it is how everyone else thinks, but God has a much better plan for your life. His plan does involve saying no to sensual pleasures and yes to self-discipline, but the outcome of following God is far better than the outcome of following the world.

## Suggestions for Prayer

- \* *Ask God to show you any area you are acting like the world.*
- \* *Thank God for his grace and mercy in showing you how you can be a better servant for Him.*

## Thought for the day

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Why do you think Paul emphasized that what he was about to say was from the Lord (vs 17)?

How were they not supposed to live (vs 17)?

How do unbelievers live in the “futility of their minds” (vs 17)?

What are areas of your life where you are tempted to live like an unbeliever? Why?

What do you think it means that their understanding is darkened (vs 18)?

What are unbelievers “alienated” from (vs 18)?

What do you think the “life of God” is (vs 18)?

What are two reasons that Paul gave for the Gentiles who live this way (vs 18)?

- 1.
- 2.

What do these two things mean (vs 18)?

How are unbelievers “callous” to the plan of God (vs 19)?

How can you become like this in your life?

What does it mean to have a hard heart (vs 19)?

What did Paul declare in verse 20?

What point was Paul trying to make?

Why do you think it is easy to fall back into worldly habits and desires though you have been saved from them?

*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. 24 For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? 25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.*