

AGEING IN BODY / AGELESS IN SPIRIT

Part 5 Romans Chapter Eight

Romans 8:9-11

*But you are not in the flesh but in **the Spirit**, if indeed **the Spirit of God dwells in you**. Now if anyone does not have **the Spirit of Christ**, he is not His. ¹⁰ And if Christ is in you, the body is dead because of sin, but **the spirit is life** because of righteousness. ¹¹ But if **the Spirit of Him** who raised Jesus from the dead **dwells [lives] in you**, He who raised Christ from the dead will also give life to your mortal bodies [because of] through **His Spirit** who **dwells in you**. (Holy Spirit mentioned 5 times – human spirit once)*

NOTICE THE TRINITY: THE SPIRIT [Himself] / THE SPIRIT OF GOD / THE SPIRIT OF CHRIST

When you became a Christian something organic happened to you – you were born again of the Spirit.

This means that your **SPIRITUAL CONDITION** was forever changed – that the very core of your being came alive to God.

We previously spoke about our **SPIRITUAL POSITION** which means we are positioned IN CHRIST AND WITH CHRIST IN GOD. (Colossians 3:1-3)

But here we look at our **SPIRITUAL CONDITION** here on the Earth. This was established the moment we believed and received God's gift of righteousness – Jesus Christ.

AT THAT MOMENT, YOUR WHOLE SPIRITUAL CONDITION CHANGED.

This is not your physical condition or state or your current level of sanctification in time.

This didn't instantly change, but your spiritual condition and state did.

This is not just a belief ... **THIS IS AN ACTUAL FACT. SOMETHING HAPPENED INSIDE YOUR BODY ... YOU HAVE RECEIVED A NEW LIFE DEEP INSIDE. THIS IS NOW YOUR ACTUAL CONDITION.**

THE TRUTH IS ... YOU CANNOT BE DESIGNATED 'A BORN AGAIN CHRISTIAN' WITHOUT HAVING RECEIVED THE HOLY SPIRIT INSIDE.

Before we believed and received Christ, we did not have the Holy Spirit ... hence the statement in **verse 9**: '*... If anyone does not have **the Spirit of Christ**, he is not His*'.

Before we believed and received Christ we were deemed, 'In the flesh'.

BUT NOW ... WE HAVE THE SPIRIT OF GOD DWELLING IN OUR MORTAL BODIES.

THE HOLY SPIRIT DWELLS IN US

What also happened when our spiritual condition became alive by the Holy Spirit? ... **THE HOLY SPIRIT HIMSELF CAME TO LIVE IN US OR ... (AS OUR TEXT SAYS) HE 'DWELLS IN YOU'.**

He just didn't ZAP US WITH A BORN AGAIN EXPERIENCE AND FLY BACK TO HEAVEN.

HE CAME TO DWELL IN US FOREVER. HE NOW LIVES IN YOUR MORTAL BODY.

SLIDE LOOK AT OUR TEXT TODAY AT HOW MANY TIMES PAUL EMPHASISES ...

THE HOLY SPIRIT 'DWELLS IN YOU' (3 times).

WE DO NOT NEED TO KEEP ASKING THE HOLY SPIRIT TO FALL ON US AS WE USED TO SING:

SLIDE

'Spirit of the living God fall afresh on me. Break me, melt me ... mould me, fill me ...'

1 John 2:27 NASB **SLIDE**

As for you, **the anointing** which you received from Him **abides in you ...**

Anointing = charisma - the special endowment of the Holy Spirit.

SLIDE

*'Holy Spirit, rain down, rain down ... Oh, Comforter and Friend,
How we need Your touch again ... Holy Spirit, rain down, rain down,
Let Your power fall ... Let Your voice be heard Come and change our hearts ... As we stand
on Your word.'*

THESE ARE BOTH WRONG CONCEPTS AND DENY WHAT THE SCRIPTURE SAYS ABOUT THE HOLY SPIRIT IN US.

OUR TEXT TELLS US THE HOLY SPIRIT HAS SETTLED – TAKEN UP RESIDENCE IN US FOREVER.

Romans 8:11 **SLIDE**

*But if **the Spirit of Him** who raised Jesus from the dead **(1) dwells [LIVES] in you**, He who raised Christ from the dead will also give life to your mortal bodies through **His Spirit** who **(2) dwells in you**.*

(1) Lives = *oikei* Verb - Present Indicative Active -

To inhabit, dwell, indwell. From oikos; **to occupy a house**, i.e. reside, to cohabit.

(2) Dwells = *enoikountos* Verb - Present Participle Active - **To dwell in, be settled**

(stationary) in; to be indwelling. From en and oikeo; **to inhabit**.

THIS ALSO MEANS, THE HOLY SPIRIT DOESN'T LEAVE US WHEN WE SIN.

SLIDE SOME WRONGLY TEACH, THE HOLY SPIRIT DEPARTS FROM US WHEN WE SIN

AS SOME MISINFORMED PREACHER WROTE ON THE INTERNET:

*'When a person is in sin, **the Holy Spirit departs**; He does not sin nor live in sin with the person.'*

*'If you mix yourself with the world, **the Holy Spirit departs**.'*

*'Disobedience and rebellion to God is disobeying **the Holy Spirit and He departs**.'*

*'If you do not believe, **the Holy Spirit departs**. Have great faith.'*

'Repentance is the only key to keeping the Holy Spirit in you; making the Holy Spirit not to depart.'

*'When the Holy Spirit departs, the kingdom of Heaven has departed from a person or a congregation and **the evil spirit takes over**.'*

THIS OF COURSE BRINGS THE BELIEVER INTO FEAR BASED LIVING.

We were always warned the Holy Spirit could leave us. And we were taught about the Holy Spirit departing from Samson who didn't know this had happened and from Saul who was subsequently oppressed by an evil spirit.

Judges 16:20

... He [Samson] did not know that the LORD had departed from him.

1 Samuel 16:14

But the Spirit of the Lord departed from Saul, and a distressing spirit from the Lord troubled him.

Jesus told us the Holy Spirit will not depart from us ... EVER.

John 14:16-17 NLT **SLIDE**

*And I will ask the Father, and he will give you another Advocate, **who will never leave you.** He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you.*

Ephesians 1:13-14

... You were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance until the redemption of the purchased possession ...

1 Corinthians 6:19 NASB

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?

**BUT WE MUST LOOK AT VERSE 10 ... AND THE STRANGE WORDING THERE
WHAT DOES THIS MEAN?**

Romans 8:10 **SLIDE**

*And if Christ is in you, **the body** is dead because of sin, but **the [human] spirit** is life because of righteousness.*

THERE ARE TWO WORDS IN THIS VERSE WHICH WE MUST UNDERSTAND TO BEGIN TO INTERPRET THIS CORRECTLY. THESE ARE ... '**BODY**' AND '**SPIRIT**'. What do they really mean?

THE BODY IS NOT THE SINFUL FLESH. Paul uses a completely different word to what he has used before for sinful flesh in Romans 8:5 where we are told '*... Those who live according to the Flesh ...*' or 'Sinful Flesh' ... (Also Romans 8:9)

That word is *sarka* it means a human nature.

This is the unredeemed remnant of our fallen nature.

BUT THE WORD HERE FOR 'BODY' IS *sōma* WHICH MEANS 'THE PHYSICAL BODY'.

SO HERE PAUL MEANS OUR PHYSICAL BODY – OUR PHYSICAL FRAME – FLESH AND BLOOD.
ALSO ...

The 'Spirit' here is NOT the Holy Spirit but our '**HUMAN SPIRIT**'.

PAUL IS CONTRASTING THE TEMPORAL WITH THE ETERNAL ... THE PHYSICAL PART OF US
WITH THE SPIRITUAL PART OF US ...

SO PAUL STATES HERE THAT OUR PHYSICAL BODY IS DEAD BECAUSE OF SIN

When Adam and Eve fell into sin in the Garden they experienced DEATH in 3 areas.

SPIRIT ... SOUL ... AND BODY (Genesis 3)

- ***THEIR SPIRIT WAS IMMEDIATELY SEVERED FROM THE LIFE OF GOD***
- ***THEIR SOUL WAS SEVERED FROM THE THOUGHTS AND FEELINGS OF GOD***
- ***THEIR BODY WAS SEVERED FROM THE HEALTH AND SUSTENANCE OF GOD***

Romans 5:12 **SLIDE**

*Wherefore, as by one man sin entered into the world, and **death** by sin; and **so death** passed upon all men, for that all have sinned ...*

FROM THEN ON THE PHYSICAL BODIES OF ALL MEN AND WOMEN WERE SUBJECT TO THE
REALM OF DEATH AND DECAY ... THE LAW OF ENTROPY CAME IN.

SLIDE THE VISIBLE SIGNS OF AGEING

People try and fight the visible signs of ageing ... a huge industry ...

*At the age of 26 whilst riding a motor bike I ran into a stationary car going about 60MPH
... I went head over heels ... wrote the bike off ... I woke up in hospital and had only
chipped my tooth and split my lip ... **NO BROKEN BONES.***

35 years later ... I fell over a gutter and broke my shoulder in 2 places.

*9 months ago, I broke my meniscus trying to achieve ... mind over matter ... I said, I can do
this and jumped down a retaining wall.*

WE ARE deteriorating ... YOU CANNOT DENY IT. BUTTTTT ...

BUT ... THIS IS NOT WHERE WE LIVE - WE ARE NOT OUR BODIES NEITHER ARE WE SUBJECT
TO THEIR WEAKNESSES.

The Christian has another secret.

Romans 8:10 **SLIDE**

*And if Christ is in you, the body is dead because of sin, but **the [human] spirit is life**
because of [Christ's] righteousness.*

THE REBORN SPIRIT

NOW IN THE NEW CREATION ... OUR SPIRIT IS REBORN ... MADE ALIVE AS IT STATES.

NOTE CAREFULLY THE CONTRAST:

- ADAM'S SIN – UNRIGHTEOUSNESS – BROUGHT DEATH
- CHRIST'S RIGHTEOUSNESS BROUGHT LIFE (Romans 5:12-19)

NOW WE HAVE THE NEWNESS OF LIFE

ROMANS 6:4 SLIDE

*Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so **we also should walk in newness of life.***

1 Corinthians 15:45 Berean Literal Bible

*So also it has been written: "The first man Adam became into a living soul;" the last Adam into **a life-giving spirit.***

SLIDE THIS IS THE INTERPRETATION

OUR FOREVER-NEW HUMAN SPIRIT HAS BECOME ALIVE IN THE HOLY SPIRIT WHO ALSO DWELLS IN OUR DEAD HUMAN BODY ... WHICH IS EXTRODINARY.

***OUR NEW SPIRIT IS ... FOREVER NEW ...
AS APPOSED TO OUR MORTAL BODY WHICH IS GROWING OLD.***

2 Corinthians 4:16 NIV

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

THIS MEANS WE HAVE A SUPERNATURAL LIFE RESIDING WITHIN OUR AGEING BODY.

SLIDE WE HAVE A SPIRIT THAT IS ETERNAL.

WE HAVE A SPIRIT THAT DOES NOT GROW OLD.

WE HAVE A SPIRIT THAT CANNOT BE AFFECTED BY DISEASE.

WE HAVE A SPIRIT THAT CAN AFFECT NOT ONLY OUR SOUL BUT OUR BODY.

Romans 8:11 SLIDE

*~~But~~ And if **the Spirit of Him** who raised Jesus from the dead dwells [lives] in you, He who raised Christ from the dead **will also give life to your mortal bodies through His Spirit** who dwells in you.*

Titus 3:5 Berean Literal Bible

He saved us, not by works in righteousness that we did, but according to His mercy, through the washing of regeneration and renewing of the Holy Spirit.

Now we also see the Holy Spirit working in our body.

Before man and woman fell into sin and death in the Garden ... they worked without effort ... their bodies were perfectly healthy and unstrained.

They worked tirelessly, being empowered by the life of God in their spirit.

IT WAS EFFORTLESS ... *they thought happily ...*

IN CONTRAST, when they fell into sin and death the Lord said, you will now labour by the sweat of your brow. (Genesis 3:19)

Sweat = expended energy and physical struggle

The brow = pressure of mental thought

WE ARE DECAYING ... GETTING OLDER ... WE CANNOT STOP THIS PROCESS NO MATTER HOW WE PRAY, FAST OR BELIEVE.

OUR PHYSICAL CONDITION IS SUBJECT TO OUR SPIRITUAL CONDITION

SO NOW ... WE HAVE BEEN BORN AGAIN AND INFUSED WITH the Father's HOLY SPIRIT ...

WE CAN ALSO LEARN TO LIVE FROM THIS PLACE.

NOW ... EVEN THOUGH OUR OUTWARD MAN IS DECAYING ... DYING ...

WE DO NOT LIVE THERE.

On my mum's floor where she is staying ... I walk past rooms with open doors and several old ladies just sitting ... existing ... breathing but immobile ... no heart to live ... TOTALLY OVERCOME BY THEIR PHYSICAL CONDITION ... THEY HAVE NO POWER TO OVERCOME THEIR WEAKNESS AND FRAILITY.

Isaiah 40:29 NIV **SLIDE**

He gives strength to the weary and increases the power of the weak.

HOW DOES GOD GIVE US THIS STRENGTH AND INCREASE OUR POWER?

He doesn't reach down from the sky ... or externally zap us ...

His Spirit within us breathes life through us ... sustaining us ... empowering us with supernatural strength.

Romans 8:26 **SLIDE**

*Likewise **the Spirit also helps in our weaknesses**. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.*

Weakness (astheneia)

Noun - Dative Feminine Singular

[Strong's Greek 769](#): From asthenes; feebleness; by implication, malady; morally, frailty.

In context Paul here is talking about **human suffering and infirmities** because we are a part of a fallen creation ... all creation groans ... we also groan in all ways ...

We groan for the sin around us ... we groan for the circumstances that come upon us because of this fallen world ... we groan because our bodies aren't yet redeemed and fail us ... BUT THE SPIRIT HELPS US BY CARRYING OUR GROANINGS – ENTERING INTO OUR PLIGHT AND THEN BEGINNING TO LIFT US OUT OF IT.

HIS SPIRIT QUICKENS OR BREATHES LIFE INTO OUR PHYSICAL BODIES NOW.

WHERE DO YOU LIVE?

DO YOU LIVE IN YOUR PHYSICAL CONDITION OR YOUR SPIRITUAL CONDITION?

YOU ARE A SEPARATE ENTITY TO YOUR BODY ... *YOU LIVE IN YOUR BODY.*
THEREFORE, WE CAN SEPARATE OURSELVES FROM THE WEAKNESS AND PAIN AND WITH THE HOLY SPIRIT BEGIN TO MINISTER TO OUR PHYSICAL BODIES ... STRENGTHENING ... ALLEVIATING PRESSURE ... WORRY ... FEARS ... WE NOW START TO REST FROM TENSION.

Because we are no longer driving our body ... it stands to reason that the body is more relaxed ... less nervous ... less tense ... it's naturally good for the heart ... the brain ... we start to think clearer ... we become happier ... our personality is set free to be us...

Wisdom starts to flow ... we can now discipline our body and control its food intake.
My mum used to be a type 2 diabetic until she came and lived with me eating my food. Within 3 months she was pronounced cured.

Proverbs 17:22

A merry heart does good, like medicine, but a broken spirit dries the bones.

“This death-overcoming Spirit of God shall destroy more and more the principle of sin and death in your bodies, and instead of it introduce the principle of the life-bringing Spirit into your whole personality, even into the body itself,”—a thought which opens up the prospect of the future resurrection or change of the body. (de Wette commentary)

**IT'S LIKE WE NURSE OUR BODY AS A FRAGILE FADING WEAK PERSON ...
WE TEND TO IT FROM OUR STRENGTHENED PLACE OF THE SPIRIT.**

DAY BY DAY

The Spirit quickens our mortal bodies ... again and again and again ...
It's not just a once off happening.

THE HOLY SPIRIT IS WORKING IN OUR BODIES AS WE LEARN TO SURRENDER THEM TO HIM ... HE WILL BREATH LIFE INTO OUR MORTAL BODIES SO THAT ...
Facebook: Even though our bodies may be ageing ... as born again Christians, our spirits are not.

Your new-born-spirit remains eternally young in His Spirit who is actually able to breathe life and comfort into your mortal body. (Romans 8:11).

If we can only learn to live in the life of His Spirit within ... we will not be overcome by our increasing aches and pains but will be sustained and strengthened as we continue to age gracefully.

We will find we are empowered supernaturally by His Spirit.

*When I had cancer, I learned how to let go and fall into the arms of Our Lord Jesus in His Spirit. There He carried me daily. There He daily renewed me. I discovered **'The Unseen Road to Recovery'**. When the haematologist did his final tests on the lymph glands which had been ravaged with cancer, he told me, 'There is no sign of cancer. You are all clear. In fact, there is not even any scarring on the lymph glands which is unusual. **It's something I've never seen before.'***