

**“Free From Defeat” (Part 1)**  
**ROMANS 8:5-13**

- **The Holy Spirit in Romans 8**
  - a. Gives physical and eternal life (vs. 2, 10, 14, 16, 23)
  - b. Enables us to walk in obedience (vs. 4-5, 10)
  - c. Brings peace (vs. 6)
  - d. Indwells (vs. 9, 11)
  - e. Raised Jesus from the dead (vs. 11)
  - f. Helps us mortify sin (vs. 13)
  - g. Adopts us (vs. 15)
  - h. Strengthens us in weakness (vs. 26)
  - i. Helps us pray (vs. 26-27)
- **Overview of Romans 6-8**
  - I. Romans 6 – Victory over the Bondage of Sin
  - II. Romans 7 – Liberty from Bondage to the Law
  - III. Romans 8 – Security in the Holy Spirit
- **KEY POINT:** The Holy Spirit delivers us from a \_\_\_\_\_ orientation to a \_\_\_\_\_ orientation.
  - I. Because the Holy Spirit \_\_\_\_\_ (vs. 5-11)
  - II. Because the Holy Spirit \_\_\_\_\_ (vs. 12-13)
- **The Indwelling Holy Spirit**
  - a. “the presence or abiding of the Holy Spirit within each individual believer that abides in him forever.”
  - b. Five reasons the Holy Spirit indwells us
    1. To \_\_\_\_\_ with His sealing our salvation
    2. To \_\_\_\_\_ us unto the image of the Son
    3. To \_\_\_\_\_ us to use our gifts in the body of Christ
    4. To \_\_\_\_\_ us
    5. To \_\_\_\_\_ us for obedience

**I. Because the Holy Spirit Changes Our Nature** (vs. 5-11)

**II. Because the Holy Spirit** \_\_\_\_\_ (vs. 12-13)

**9 Directives for Mortifying Sin** (from John Owen)

1. Diagnose sin s severity.
2. Grasp sin s serious consequences.
3. Be convinced of your guilt.
4. Earnestly desire deliverance.
5. Consider the relationship between your sins and your natural temperament.
6. Avoid occasions that incite sin.
7. Address sin s first signs.
8. Meditate on God s glory.
9. Don t rush to comfort yourself.