Life by the Spirit: God’s Righteousness, Eden Rest, and a Quickened Body (Romans 8)

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Life by the Spirit — God’s Righteousness and a Quickened Body

> *“But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also* ***give life to your mortal bodies*** *through His Spirit who dwells in you.”* — **Romans 8:11 (NKJV)**

> **Highlight key:** = grace / Spirit-life · = **righteousness** · = **hearing of faith** · = **the law** · = **sin aroused** · **bold** = key terms

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From Wilderness to Eden — Isaiah 51 & 55

God does not leave you in the wilderness of pain, poverty, and struggle as your final destination. His purpose is to bring your life from the desert into **Eden comfort** — a life aligned with His design.

Isaiah 51:3 (NKJV)

> *“For the Lord will comfort Zion, He will comfort all her waste places; He will make her wilderness like Eden, and her desert like the garden of the Lord; joy and gladness will be found in it, thanksgiving and the voice of melody.”* — **Isaiah 51:3 (NKJV)**

Isaiah 51:5 (NKJV)

> *“****My righteousness*** *is near, My salvation has gone forth, And My arms will judge the peoples; The coastlands will wait upon Me, And on My arm they will trust.”* — **Isaiah 51:5 (NKJV)**

Isaiah 55:1–3 (NKJV)

> *“Ho! Everyone who thirsts, come to the waters… Incline your ear, and come to Me. Hear, and your soul shall live; and I will make an everlasting covenant with you — the sure mercies of David.”* — **Isaiah 55:1–3 (NKJV)**

- When sin entered Eden, pain and struggle followed — that was not God’s original plan for His children
- God still brings people *out* of wilderness into joy, praise, and covenant blessing
- He is able to deliver from **every** trouble — not 99%, but all

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God’s Righteousness — Not Law-Works

Matthew 6:33 (NKJV)

> *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”* — **Matthew 6:33 (NKJV)**

- You come out of wilderness **because of God’s righteousness** — not because you earned it
- Healing, joy, praise, and problem-free living flow from **His righteousness**, not your performance
- He is mighty to help you face every opposition that rises against you

Romans 5:17 (NKJV)

> *“For if by the one man’s offense death reigned through the one, much more those who receive abundance of grace and of **the gift of righteousness** will **reign in life** through the One, Jesus Christ.”* — **Romans 5:17 (NKJV)**

Romans 5:19 (NKJV)

> *“For as by one man’s disobedience many were made sinners, so also by **one Man’s obedience many will be made righteous**.”* — **Romans 5:19 (NKJV)**

When Suffering Is Not “Because You Sinned”

- When pain, sickness, or loss comes, we often blame **personal sin** first
- Scripture shows another blocker: not sin alone, but what keeps you from God’s *righteous* provision
- **Job** suffered greatly — yet God restored double; affliction was not a simple “you sinned” equation

Common assumption	Scripture’s deeper lens
“I am sick because I sinned”	Sin brought death into the world — but **law-works** also blocks the life of the Spirit
“God is punishing me”	God’s purpose is Eden rest and **life by the Spirit**
“I must fix myself first”	Righteousness is a **gift** — received by faith in Christ’s obedience

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Job and Paul both knew God’s Spirit — yet something still blocked the full blessing. Scripture names **three distinct blockers**: keep sin dead, be powerful in Christ, and value Christ above law-works.

1️ Keep sin dead

- When **sin is petted and tolerated**, it takes authority in your life
- Sin’s footprint is pain, sickness, poverty, and death — not Eden rest
- The answer is not self-effort but looking to Jesus alone and putting sin to death

Romans 7 — Law Gives Sin Its Power

Romans 7:5 (NKJV)

> *“For when we were in the flesh, the **sinful passions** which were **aroused by the law** were at work in our members to bear fruit to death.”* — **Romans 7:5 (NKJV)**

Romans 7:8 (NKJV)

> *“But sin, taking opportunity by the commandment, produced in me all manner of evil desire. For* ***apart from the law sin was dead****.”* **— Romans 7:8 (NKJV)**

Romans 7:9 (NKJV)

> *“I was alive once without the law, but when* ***the commandment came****,* ***sin revived*** *and I died.”* **— Romans 7:9 (NKJV)**

Romans 5:20 (NKJV)

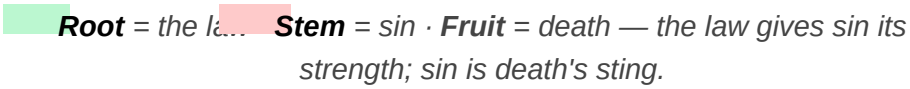
> *“Moreover* ***the law entered****, that* ***the offense might abound****. But where sin abounded, grace abounded much more.”* **— Romans 5:20 (NKJV)**

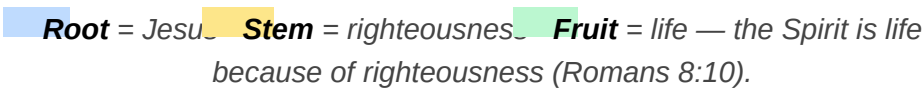
1 Corinthians 15:55 (NKJV)

> *“O Death, where is your* ***sting****? O Hades, where is your victory?”* **— 1 Corinthians 15:55 (NKJV)**

1 Corinthians 15:56 (NKJV)

> *“The sting of death is sin, and* ***the strength of sin*** *is* ***the law****.”* **— 1 Corinthians 15:56 (NKJV)**





- Paul discovered: the power of sin is tied to **law-consciousness**
- **The strength of sin is the law** (1 Corinthians 15:56) — the **sting of death** is **sin**, and sin's strength comes from **the law** (15:55–56)
- **The law entered that sin might abound** (Romans 5:20) — law was never meant to be your source of life

- Without law, sin is dead (Romans 7:8) — but when **the commandment came**, **sin revived** (Romans 7:9)
- The law **aroused sinful passions** in the flesh (Romans 7:5) — and **the strength of sin** is **the law** (1 Corinthians 15:56)
- Your own **law mindsets** can stop the blessing God already placed in your righteousness

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2 Be Powerful — Depend on Christ's Ability

- You may **have received Christ** — yet live as if He were not in you
- Paul knew weakness until he stopped depending on himself: "I can do all things through Christ" (Philippians 4:13)
- When Christ seems absent in practice, mortal-body life is blocked — even though the Spirit dwells within

Paul Focusing on Himself

Romans 7:15–20 (NKJV)

> *"For what **I** am doing, **I** do not understand. For what **I** will to do, that **I** do not practice; but what **I** hate, that **I** do. If, then, **I** do what **I** will not to do, **I** agree with the law that it is good. But now, it is no longer **I** who do it, but sin that dwells in me. For **I** know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good **I** do not find. For the good that **I** will to do, **I** do not do; but the evil **I** will not to do, that **I** practice. Now if **I** do what **I** will not to do, it is no longer **I** who do it, but sin that dwells in me."* — **Romans 7:15–20 (NKJV)**

Paul Focusing on Jesus

Romans 7:24 (NKJV)

Paul asks **Who**, not **What** — *Who* turns the heart to a Person (Jesus); *What* turns it back to you and what you must do.

***Who** turns the heart to a **Person** (Jesus), **What** turns it back to **you** and your own works (Romans 7:24).*

> *“O wretched man that I am! **Who will deliver me** from this body of death?” —* **Romans 7:24 (NKJV)**

Romans 8:3 (NKJV)

> *“For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He **condemned sin in the flesh**,” —* **Romans 8:3 (NKJV)**

- Paul wanted to do good — yet could not perform it by self-effort alone
- Power comes when you stop relying on yourself and depend on Christ (Philippians 4:13)
- God condemned sin in the flesh through Christ — your answer is not more law, but Christ in you

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3️⃣ Value Christ — Do Not Fall from Grace

- You may avoid obvious sin — yet still try to **earn blessing by deeds**
- Law-consciousness and self-performance wake sin’s power (Romans 7:8)
- Your own works can block the same blessing God's righteousness already placed in you

Galatians 2:21 (NKJV)

> *“I do not set aside the grace of God; for if righteousness comes through the law, then **Christ died in vain**.” —* **Galatians 2:21 (NKJV)**

Galatians 5:4 (NKJV)

> *“You have become **estranged from Christ**, you who attempt to be justified by law; you have **fallen from grace**.” —* **Galatians 5:4 (NKJV)**

- **Value Christ** — if righteousness came by law, Christ died for nothing
- Attempting to be justified by law leaves you **estranged from Christ** and fallen from grace
- This answers trying to earn what Christ already finished

4️ Conclusion — Righteousness, Then Life to Your Mortal Body

Before verse 11 speaks of **life to your mortal body**, verse 10 names the cause: **the Spirit is life because of righteousness**. Righteousness is not a side note — it is the reason the Spirit gives life.

Romans 8:9 (NKJV)

> *"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."* — **Romans 8:9 (NKJV)**

The Spirit Is Life Because of Righteousness (Romans 8:10)

Romans 8:10–11 (NKJV)

> *"And if Christ is in you, the body is dead because of sin, but* ***the Spirit is life because of righteousness****. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also* ***give life to your mortal bodies*** *through His Spirit who dwells in you."* — **Romans 8:10–11 (NKJV)**

- **Righteousness comes first** — the Spirit is life *because of* righteousness, not because of your works
- **Then the mortal body** — the same Spirit who raised Christ quickens your mortal body through that righteousness
- True life is not pain, sickness, and poverty — that is the footprint of sin's domain
- In Adam, life was lost; in Christ, the **life-giving Spirit** restores by God's gift-righteousness

1 Corinthians 15:45 (NKJV)

> *“And so it is written, ‘The first man Adam became a living being.’* ***The last Adam became a life-giving Spirit****.”* **— 1 Corinthians 15:45 (NKJV)**

Galatians 3:2 (NKJV)

> *“This only I want to learn from you: Did you* ***receive the Spirit*** *by* ***the works of the law****, or by* ***the hearing of faith****?”* **— Galatians 3:2 (NKJV)**

> **Key chain: God’s righteousness** → Spirit is life → **life to your mortal body**

Walking in the Spirit vs Walking in the Flesh

These are **two different ways of living** — not two moods, but two paths. One receives life; the other blocks it.

The Hearing of Faith — How You Received the Spirit

Paul’s question is direct: did you **receive the Spirit** by law-works, or by **the hearing of faith**? The Spirit — the same power that quickens your mortal body — came through **hearing**, not performing.

Galatians 3:2–3 (NKJV)

> *“This only I want to learn from you: Did you* ***receive the Spirit*** *by* ***the works of the law****, or by* ***the hearing of faith****? Are you so foolish? Having* ***begun in the Spirit****, are you now being made* ***perfect by the flesh****?”* **— Galatians 3:2–3 (NKJV)**

Path	Means	Outcome — Romans 8:9–11
In the Spirit	**Hearing of faith**	**The Spirit is life because of righteousness** · **The Spirit gives life to your mortal bodies**
In the flesh	**Works of the law**	The body remains under sin's direction — mortal-body life blocked

Romans 8:9 (NKJV) draws the line: you are *not in the flesh but in the Spirit* when the Spirit of God dwells in you — and that Spirit-path is what leads to righteousness-life and a quickened mortal body (Romans 8:10–11).

Galatians 3:5–6 (NKJV)

> *"Therefore **He who supplies the Spirit to you and works miracles among you**, does He do it by **the works of the law**, or by **the hearing of faith**?—just as Abraham 'believed God, and it was accounted to him for righteousness.'"* — **Galatians 3:5–6 (NKJV)**

Romans 10:17 (NKJV)

> *"So then faith comes by **hearing**, and hearing by the word of God."* — **Romans 10:17 (NKJV)**

- **Hearing of faith** — not law-deeds — is how the Spirit was received and how He keeps leading you
- What do you hear daily? **Righteousness by His obedience** — or law and self-effort?
- "Daily injection" of faith: *By His submission I receive blessing; by His obedience I am righteous*

*Each daily dose of **hearing of faith** is an injection of **His righteousness** — **righteousness is the injection**; **life in the mortal body increases** as you keep hearing (Romans 8:10; Romans 10:17; Galatians 3:2).*

***Hearing** about **His righteousness** **activates** the **Spirit** **to give life to** your **mortal bodies** (Romans 8:10–11; Galatians 3:2; Romans 10:17).*

Galatians 5:16–17 (NKJV)

> *"I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish."* — **Galatians 5:16–17 (NKJV)**

Romans 12:2 (NKJV)

> *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”* — **Romans 12:2 (NKJV)**

Walking in the flesh	Walking in the Spirit
Self-will, self-strength, law-deeds	Dependence on Christ, faith, His submission
Law-consciousness empowers sin	Righteousness received as a **gift**
Life looks powerless — Christ seems absent	Same Spirit who raised Jesus **quickens your mortal body**
Source: diploma, career, people, habit	Source: fix eyes on **Jesus alone**

- **Led by the Spirit** means believing His submission brings blessing — today and tomorrow
- **Walking in the flesh** means living by law-mindset, phone, habit, or self-effort instead of faith
- When you walk in the Spirit, the mortal body is no longer left to death’s direction alone — life flows because of righteousness

> **Two pillars: Hearing of faith** receives the Spirit · **Righteousness** is why the Spirit is life (Romans 8:10)

The shop analogy — your few pennies vs Christ's full payment

Picture a shop where the item on the shelf is worth far more than anyone could pay — **Eden blessing**, **God's righteousness**, **life to your mortal body**. At the counter, two "payments" are compared:

- **Few pennies (your works)** — law-deeds, performance, and self-effort. Your best obedience is like a handful of coins beside the real price tag. It never equals the full value of God's blessing; you leave **empty-handed** (Galatians 2:21)
- **Full price (Jesus' work)** — **Christ's obedience** on the cross is the only payment that matches the full value. He paid it; you **receive** the blessing through **the hearing of faith** and **gift-righteousness** (Romans 5:17)
- God is not asking you to save up enough coins — He invites you to receive what Christ already paid for

__Your works__ are few pennies that never equal the pric__ __Jesus' work__ is the full payment that covers God's blessing.

At the counter	What is offered	Outcome
Few pennies — your works	Law-deeds · self-performance · "what I must do"	Never equals the price — **empty-handed**; blessing blocked
Full price — Jesus' work	**Christ's obedience** · cross · **hearing of faith**	**Divine Healing** — righteousness, Spirit-life, mortal-body life

Isaiah 64:6 (NKJV)

> *“But we are all like an unclean thing, and all **our righteousnesses are like filthy rags**; we all fade as a leaf, and our iniquities, like the wind, have taken us away.”* — **Isaiah 64:6 (NKJV)**

Galatians 2:16 (NKJV)

> *“Knowing that a man is **not justified by the works of the law** but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and **not by the works of the law**; for **by the works of the law no flesh shall be justified**.”* — **Galatians 2:16 (NKJV)**

Three Closing Truths

Scripture closes with **three practical steps** — each one answers a different blocker above.

1️⃣ Put Sin to Death — Do Not Pet It

- Do not cuddle sin — look to **Jesus alone**
- Apart from law, sin is dead (Romans 7:8) — remember: **the strength of sin** is **the law** (1 Corinthians 15:56)
- This answers blocker #1: keep sin dead

2️⃣ Be Powerful in Christ — Depend on His Ability

- Paul appeared weak until he stopped relying on himself — see Romans 7:15–20; 7:24
- "I can do all things through Christ" — power comes by *dependence*, not self-effort
- This answers blocker #2: be powerful in Christ, not self-effort

3️⃣ Give Jesus the Place of Honour — Fix Your Eyes on Him

- Receive blessing by **His cross and submission** — not by law-deeds or human sources
- Fix eyes on Jesus — not diploma, career, or people as your source
- This answers blocker #3: value Christ — do not fall from grace (Galatians 5:4)
- Communion reminder: His blood was shed for you — cleansing, covenant, and access to Eden life
- Do not let phone, habit, or law-mindset steal what the Spirit quickens

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Who Gets the Glory? — "I thank me" vs "I thank Jesus"

Who you thank reveals **whose obedience you think bought the blessing**. If *your* works earned it, glory goes to you. If **Christ's obedience** earned it, glory goes to

Jesus (Romans 5:19).

*Earn it by **your** works ? you glorify yourself ("I thank me") · Receive it by **Christ's obedience** ? you glorify Jesus ("I thank Jesus") — Romans 5:19.*

Does "No Law" Mean Go and Sin?

No. Teaching that blessings are not earned by law-keeping is not licence to sin. **No law** means your blessings are *not* based on **your** obedience — they rest on **Christ's obedience** (Romans 5:19).

- This emphasis only separates **obedience from earning blessing** — it does not release you from holy living
- Whether you feel blessed today or not, keep the mentality of **doing good and not sinning**
- Do not stop being obedient — obey from the **love of Christ**, not from fear of losing what God already gave

Romans 5:19 (NKJV)

> *"For as by one man's disobedience many were made sinners, so also by **one Man's obedience many will be made righteous**."* — **Romans 5:19 (NKJV)**

Romans 2:4 (NKJV)

> *"Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that **the goodness of God leads you to repentance**?"* — **Romans 2:4 (NKJV)**

Grace removes law as the *source* of blessing — and that same grace, seen in Christ's love, is what draws the heart to walk uprightly.

The Takeaway

1. **Wilderness to Eden** — Isaiah 51:3; God comforts and restores joy

2. **God’s righteousness** — Matthew 6:33; Romans 5:17–19; reign in life by gift, not works
3. **Righteousness → mortal-body life** — Romans 8:10–11; Spirit is life *because of* righteousness
4. **Hearing of faith** — Galatians 3:2; Romans 10:17; Spirit received and sustained by hearing
5. **Spirit vs flesh** — Romans 8:9; Galatians 5:16–17; two paths, two outcomes
6. **Law empowers sin** — Romans 7:8; **the strength of sin is the law** (1 Corinthians 15:56)
7. **Hearing of faith** — Galatians 3:2–3; not law-works; Christ did not die in vain (Gal 2:21)
8. **Three steps** — sin dead, power in Christ, eyes on Jesus
9. **No law ≠ licence to sin** — blessings rest on Christ's obedience (Rom 5:19); God's goodness leads to repentance (Rom 2:4)

> **The Two Roots** — whose work bought the blessing? (1 Cor 15:56 · Rom 8:10–11 · Rom 7:24 · Gal 2:21 · Rom 5:17 · Rom 5:19)
>
> **How Life Reaches the Body** — hearing delivers righteousness; the Spirit carries life into the mortal body daily (Rom 8:10–11 · Gal 3:2 · Rom 10:17)

Scripture-based study on life by the Spirit and God’s righteousness. If it strengthened you, share it with someone who needs this truth today.