

**Romans 8:5-11** NASB

<sup>5</sup>For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. <sup>6</sup>For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, <sup>7</sup>because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, <sup>8</sup>and those who are in the flesh cannot please God.

<sup>9</sup>However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. <sup>10</sup>If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. <sup>11</sup>But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

## Mental Focus

Romans 8:5-11

- How tired does thinking make you?
- How hard is it to set a bearing?
- How much of you does God redeem?

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*Journal:* How has the Spirit transformed your mind?

*Art:* Draw life and peace.

*Obey:* The Holy Spirit is leading toward \_\_\_\_\_ .