

## Romans 8:1-11

### **Life through the Spirit**

**8** Therefore, there is now no condemnation for those who are in Christ Jesus, **2** because through Christ Jesus the law of the Spirit who gives life has set you<sup>[a]</sup> free from the law of sin and death. **3** For what the law was powerless to do because it was weakened by the flesh,<sup>[b]</sup> God did by sending his own Son in the likeness of sinful flesh to be a sin offering.<sup>[c]</sup> And so he condemned sin in the flesh, **4** in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

**5** Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. **7** The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. **8** Those who are in the realm of the flesh cannot please God.

**9** You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. **10** But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life<sup>[d]</sup> because of righteousness. **11** And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of<sup>[e]</sup> his Spirit who lives in you.

## John 14:15-27

### **Jesus promises the Holy Spirit**

**15** 'If you love me, keep my commands. **16** And I will ask the Father, and he will give you another advocate to help you and be with you for ever – **17** the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be<sup>[a]</sup> in you. **18** I will not leave you as orphans; I will come to you. **19** Before long, the world will not see me any more, but you will see me. Because I live, you also will live. **20** On that day you will realise that I am in my Father, and you are in me, and I am in you. **21** Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.'

<sup>22</sup> Then Judas (not Judas Iscariot) said, 'But, Lord, why do you intend to show yourself to us and not to the world?'

<sup>23</sup> Jesus replied, 'Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. <sup>24</sup> Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

<sup>25</sup> 'All this I have spoken while still with you. <sup>26</sup> But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. <sup>27</sup> Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

