



Day 6

Peace

Silence (2 minutes) Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

Scripture *“Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace...”* Romans 8:5-6

Discussion Paul is contrasting the Spirit with the law of sin. *“...through Christ Jesus the law of the Spirit of life set me free from the law of sin and death...sending His own Son to be a sin offering...in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit”* (Romans 8:2-4). So, we don't live according to the sinful nature, but according to the Spirit. Paul's next verses, written above, contrasts people who live their human life based on the sin nature with people who live their human life based on the Spirit. Both the sin nature and the Spirit shape our thinking. Life according to the sin nature is to think about what the person desires: pleasure, power, attention, possessions, personal values. The person is at the center of life. Life according to the Spirit is to think about what the Spirit desires: believing in, knowing, submitting to, serving, following, worshiping, honoring the Father, Son, and Holy Spirit. The Spirit is at the center of life. All people, those who live according to the sin nature, as well as those who live according to the Spirit live out their thinking and actions in the context of family, homes, employment, relationships, health, joys and crises. To have the mind set on the sin nature, with the person at the center, is death. Life apart from God is death. *“The mind controlled by the Spirit is life and peace.”* The Spirit leads us to know and love God, to love our neighbor. We have been forgiven, redeemed, rescued, adopted. We belong, we have purpose. We do choose whether to cooperate with the Spirit's influence on our thinking or to attempt to ignore or even actively resist the Spirit's influence. If we have been born by the Spirit and the Spirit leads us to life and peace, it is foolish for us to ignore or resist Him. We were born again to cooperate with the Spirit. The Spirit wants us to have life and peace. *“Now this is eternal life: that they may know You, the only true God, and Jesus Christ, whom You have sent”* (Jn. 17:3).

Application Life according to the Spirit includes the peace of God. Living in accordance with who God made us to be means our lives can be filled with this peace that is impossible to have apart from Christ. Are there ways in which you might be resisting God's peace? An area of your life where you feel tempted to still live outside the law of the Spirit? Consider today how you can take this area to God and exchange this temptation for the peace of Christ.

Prayer Father, thank You that You led me to be born again, born according to the Spirit. Thank You, Spirit, that You speak to me, guide and influence me. Thank You that having You in me, knowing You, is life and peace. I commit myself to listen to and obey Your voice. Please forgive me when I resist You out of fear or pride. Please continue to mature me so that I follow You more and more. Thank You. Amen.

Silence (2 minutes) Talk to God about what you are learning. What are your fears? Where are your hangups? Pray for direction.

Scripture memory for the week: *You will keep in perfect peace him whose mind is steadfast, because he trusts in You. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal.* Isaiah 26:3-4