

**Romans pt. 105**

**Life in the Spirit pt. 1**

**Romans 7:6**

**Welcome back to Vida Online.**

**Welcome to those who may be watching today for the first time,**

**My name is J.C. Mejia, and J.C. stands for James Christian, but my friends and family call me J.C., and I'm the Lead Pastor here at Vida Church in Delano, CA.**

**This is the second-to-last sermon out of Romans for 2025.**

**In two weeks, this church will enter its Advent season or Christmas season.**

**The word Advent means COMING.**

**The objective of Advent is that a Christian is reminded to prepare for Christ's second coming by looking back at his first coming.**

**Advent is a very special time, and I can't wait to sing Christmas hymns and exalt Jesus, who is the Christ of Christmas.**

**But for the following two weeks, I will wrap up Romans for 2025, and we will pick up again in a few weeks.**

**We may even start again in 2026 in Romans 7:7.**

**IT'S BEEN AN INCREDIBLE JOURNEY...**

**Ok, So LAST WEEK, WE CONTINUED TO BREAK DOWN THIS SIGNIFICANT VERSE.**

**The Apostle Paul wanted to make it clear to Christians that the Gospel was not a license to sin.**

**He addressed that in Romans 6.**

**That was what some might have feared, and for others, it may have**

**wrongly become a green light for Christians to sin, since they have been made right with God through faith in Jesus Christ.**

**Then there's the Law, particularly, the Law of God.**

**Since God's grace justifies us through faith Jesus, then what do we make of the Law of God?**

**What do we do with it and how are we connected to the Law of God?**

**Romans 7 tells us that those whom Christ has saved relate to the law in a whole new way.**

**A Christian doesn't get rid of the law.**

**A Christian doesn't ignore the law either.**

**A Christian does not encourage himself or others to live lawlessly.**

**But a Christian relates the law in a whole new way.**

**That's where we left off in Romans 7:6, which tells us how we live:**

**Romans 7:6 (NLT)**

**6 But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of**

**obeying the letter of the law, but in the new way of living in the Spirit.**

**That's the phrase:**

**A New Way of Living in the Spirit.**

**A Christian consequently has**

**A NEW WAY OF LIVING**

**It's:**

**LIFE IN THE SPIRIT**

**People who wrongly thought that Christianity encouraged lawless, sin-filled living did not understand the supernatural side of being a Christian.**

**People who accused Christians of ignoring, despising, or getting rid of**

**the law did not understand the supernatural side of being a Christian.**

**Those who think a Christian can live however they want, since they are saved by grace through faith, forget the supernatural fact that the Holy Spirit dwells in every Christian.**

**A christian is under the control of the Holy Spirit.**

**Those who think that Christians are to ignore, despise, or throw out the law are those who do not realize that the Holy Spirit who lives in Christians.**

**That Holy Spirit is the power that changes how a Christian lives.**

**People who thought the law could save a man or change a man had no idea that because they were under sin and under the law, their attempts to save and change themselves would always fail.**

**That's the point Paul is making in Romans 7 concerning the Law...**

**A Christian, a born-again, supernaturally resurrected Christian, is no longer under the power of the law and is now under the control of the Holy Spirit.**



**It's the only way any man can live for God or bear fruit for God...by the Supernatural power of the Holy Spirit.**

**Read it with me again:**

**Romans 7:6 (NLT)**

**6 But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.**

**Now we can serve God...in the new way of living in the Spirit.**

**There was the old way of trying to serve God by obeying the law, the letter of the law....**

**Then, there's the new way of actually serving God by the letter of the law...**

**What's different about your life now that you are in the Spirit? Now that Jesus has saved you, and the Holy Spirit resides in you?**

**Seven things are different about your new life in the Spirit that were not there before.**

**1. A CHRISTIAN SERVES GOD BY KEEPING GOD'S LAW FROM THE INSIDE OUT.**

**2. A CHRISTIAN UNDERSTANDS WHAT THEY DID NOT UNDERSTAND BEFORE.**

**3. A CHRISTIAN CARES ABOUT THE SPIRIT OF THE LAW.**

**4. A CHRISTIAN IS SOMEONE IN THE SPIRIT, WITH NEW MOTIVATIONS TO LIVE RIGHT.**

**Next week:**

**5. A CHRISTIAN LIVES IN A NEW SPIRIT [of adoption, not fear]**

**6. OUR NEW SPIRIT OF ADOPTION  
MEANS OUR SINS ARE FORGIVEN  
[PAST, PRESENT, AND FUTURE].**

**7. OUR NEW LIFE IN THE SPIRIT  
PROGRESSES TOWARD BEING MORE  
LIKE JESUS.**

**Today I only want to cover the first  
four.**

**They are appropriate for every one of  
us who have had a hard fought 2025.**

**You have been fighting the good fight  
and running the race.**

**I think today will remind you of something vital, something important for us.**

**It was a lesson in this sermon that led me to prayer and repentance.**

**It could have been a lesson God had been working on over the last three or so months.**

**Perhaps in God's sovereignty, God allowed what he allowed in my life to teach me something that would help me end 2025 on a good note.**

**It might also be a word God has started to speak to me for me to share with my brothers and sisters in**

**Santiago, Chile, where I will be ministering in a few weeks.**

**So what is different about you now that you are in Christ?**

**Romans 7:6 (NLT)**

**6 But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.**

**It's this new way of living in the spirit.**

**Here's the first thing and I'm telling you, that today's fourth and final point will be something that might help you end 2025 on the right spiritual note:**

**1. A CHRISTIAN SERVES GOD BY KEEPING GOD'S LAW FROM THE INSIDE OUT.**

**Before Jesus saved you, you looked at what was right and wrong from the outside in.**

**You don't look at what's immoral from the outside in anymore, but from the inside out.**

**Because the Holy Spirit lives in Christians, Born-Again Christians, the Holy Spirit applies God's law to us to correct us and guide us.**

**2 Corinthians 3:3 (NLT)**

**3 ...This "letter" is written not with pen and ink, but with the Spirit of the living God. It is carved not on tablets of stone, but on human hearts.**

**The Tablets of Stone refer to the 10 commandments...**

**But a Christian has those commandments written on human hearts with the Holy Spirit.**

**Hebrews 8:10 (ESV)**



**10...I will put my laws into their minds,  
and write them on their hearts,  
and I will be their God,  
and they shall be my people.**

**So we don't throw the law of God away  
because the Holy Spirit is the ink of  
that Holy Law guiding us from the  
inside out.**

**God's word is on our minds through  
reading his word and printed on our  
hearts by the Holy Spirit.**

**What is different about you that you  
are no longer under the law but are in  
the Spirit?**

## **2. A CHRISTIAN UNDERSTANDS WHAT THEY DID NOT UNDERSTAND BEFORE.**

**What do you understand?**

**You know that the law cannot save you and only faith in Jesus can.**

**You know that the law cannot transform your life, only the power of the Holy Spirit.**

**You understand that this is not only a matter of information, but a matter of power, God's power!**

**This was not clear to you before Jesus saved you.**

**This was not clear to you when you were still under the tyranny of sin and under the law's power to condemn you.**

**Now you understand that the law had a great purpose, and that purpose was to show you how it would be impossible to meet God's perfect standards.**

**The Law's job was to make you see your sin, failure, and hopelessness, and as a result, run to Jesus as the only source of salvation:**

## **Galatians 3:24-25 (NASB)**

**24 Therefore the Law has become our tutor to lead us to Christ, so that we may be justified by faith.**

## **Galatians 3:24-25 (NASB)**

**25 But now that faith has come, we are no longer under a tutor.**

**I DON'T THINK I CAN RUN THIS  
ULTRAMARATHON!**

**I remember when I decided to run an ultra-marathon to raise money for my friend J.J., who was a missionary in Romania.**

**I was going to run 31 miles to help him buy a vehicle he needed.**

**A woman at the church I had worked at had marathon experience and she said she would be willing to give me any advice.**

**She provided a training plan and my miles increased with the plan week by week.**

**A week had arrived where I was to run 12 miles, and at one point in my run, I felt terrible.**

**I hit the wall...**

**I began to think that I didn't have it to be a runner and that I was going to fail**

**keeping the promise I made to J.J. in Romania.**

**I went to her and I said, “I don’t think I have it.”**

**She began to tutor me like the law until it revealed that I was completely under hydrating and under fueling for that kind of mileage.**

**When I applied better hydration, electrolytes, and fuel, I had the power to train, do my ultra marathon, and eventually keep my promise to J.J.**

**That’s what the law does.**

**The Law tells us, you can’t do this without the salvation Jesus paid for**

**and through the power of the Holy Spirit!**

**That's what we understand that we didn't know before!**

### **3. A CHRISTIAN CARES ABOUT THE SPIRIT OF THE LAW.**

**When Jesus taught, preached, and had dialogue with people, he always went to the heart of the matter.**

**“The heart of the matter was a matter of the heart,” as some say.**

**Jesus was telling to look within and see that no matter how externally good they might think they are, when they pay attention, there's sin and corruption in us.**

**For people who were only obeying by the letter of the law, they did not care what was on their hearts so as long as they did not do anything.**

**Why didn't they care?**

**Because the Holy Spirit was not there to convict them of unholiness.**

**Matthew 5:27-28 (NASB)**



**27 “You have heard that it was said,  
‘YOU SHALL NOT COMMIT  
ADULTERY’;**

**Matthew 5:27-28 (NASB)**

**28 but I say to you that everyone who  
looks at a woman with lust for her has  
already committed adultery with her in  
his heart.**

**As long as I don’t do anything, I’m  
righteous, they would say.**

**Without the Holy Spirit, all the matters  
is how you look in the eyes of people  
and how much you satisfy your own  
ego.**

**Luke 16:14-15 (NLT)**

**14 The Pharisees, who dearly loved their money, heard all this and scoffed at him.**

**Luke 16:14-15 (NLT)**

**15 Then he said to them, “You like to appear righteous in public, but God knows your hearts...”**

**Because they were not regenerate or Born Again, and thought they were righteous by law, they only cared about how they appeared to the public.**

**There was no Holy Spirit to convict the heart.**

**They lived only by the letter of the law, not by the Spirit of the Law.**

**They were operating by the 613 rules and regulations, and they asked Jesus about the greatest commandment, and Jesus gave them an irrefutable answer that pointed to the Spirit of the Law:**

**Matthew 22:36-40 (NLT)**

**36 “Teacher, which is the most important commandment in the law of Moses?”**

**Matthew 22:36-40 (NLT)**

**37 Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind. ’38 This is the first and greatest commandment.**

**Matthew 22:36-40 (NLT)**

**39 A second is equally important: ‘Love your neighbor as yourself. ’**

## **Matthew 22:36-40 (NLT)**

**40 The entire law and all the demands of the prophets are based on these two commandments.”**

**It is impossible to love God and love your neighbor from the heart without being saved.**

**It is impossible without being born again by the Holy Spirit.**

**A Christian does not only deal with external correctness...A Christian cares about the Spirit of the Law because the Holy Spirit is the ink of God's law written onto our hearts.**

## **Romans 7:6 (NLT)**

**6 ...Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.**

**Here is another difference for those who live this life in the spirit:**

**4. A CHRISTIAN IS SOMEONE IN THE SPIRIT, WITH NEW MOTIVATIONS TO LIVE RIGHT.**

**A Christian has new motivations.**

**Deeper motivations by the Holy Spirit, and that motivation is Love and gratitude for God.**

**Before Jesus saved us, our motives to live right were to feel good about ourselves.**

**For others, they wanted to try to live right so that others might feel good about them.**

**For others, they wanted to live right to make God feel good about them.**

**It's one of the three.**

**So people do what they think others find acceptable without going over that line.**

**They only do what they think makes them feel good about themselves without going over that line.**

**Some don't cross a line that they think will make God angry at them.**

**The problem is that feelings guide these rules and motivations.**

**Romans 10:3 (NLT)**

**3 For they don't understand God's way of making people right with himself. Refusing to accept God's way, they cling to their own way of getting right with God by trying to keep the law.**

**SO, people without being born again without the Spirit to guide them, will constantly fluctuate in their standards and so forth... and so would any Christian if it weren't for the Holy Spirit.**

**All these motives to keep rules to please themselves, others, and/or God are fear-based motivations.**

**It's being afraid of God; it's based on self-preservation or self-interest.**

**A man, depending on whether he's born again or not will not commit adultery against his wife for one of two reasons:**

**He either loves God and longs to please him because he has new motives.**

**Without being born again, he fears the consequences of his immorality and the mark it will make on his reputation.**



**One is love and the other is fear.**

**As Christians, we are motivated to live a godly life because we are given a desire to please God and live a life of gratefulness to him.**

**A Christian isn't afraid of hell.  
A Christian doesn't live to prove anything to himself.  
A Christian doesn't live to prove anything to others or to God.**

**A Christian is dead to the law and those old motives.**

**The new motivation is based on assurance of our salvation, and from that assurance, we live to please the Lord because he loved us first and because the Holy Spirit lives in us!**

**2 Corinthians 5:14-15 (ESV)**

**14 For the love of Christ controls us...15 ...that those who live might no longer live for themselves but for him who for their sake died and was raised.**

**It's love for Christ that controls us and motives us...**

**Let me confess something that I can do and where I miss it often...**

**As a Christian, sometimes I'm not motivated by love for God...**

**I'm motivated by holiness.**

**I'm gonna be holy for God and when I am not motivated by Love, the Love the Holy Spirit provides, Holiness because extremely difficult.**

**DON'T MAKE THE MISTAKE I TEND TO SLIP INTO WHERE HOLINESS BECOMES THE GOAL...**

**Make Loving God the Goal and holiness will come with it...**

**When you love God, you live for his glory and praise.**

**When you are in love with God you see his infinite mercy and compassion toward us.**

**That, along with the power of the Holy Spirit, is the recipe for loving God.**

**It produces reciprocity.**

**I love him the more I see how he loves me.**

**1 John 4:19 (ESV)**

**19 We love because he first loved us.**

**Life in the Spirit is a life of love for God from which fruit grows.**

**Fruit doesn't grow from trying to be holier, because holiness is the fruit that grows from love for Jesus.**

**You may have started 2025 with a fight in your bones.**

**You saw flourishing and even fruitfulness.**

**Now you might be tired at the end of the year.**

**With all this talk about fruit, sanctification, and holiness, it may have become another thing to do.**

**But in the fight, you and I can lose our first love.**

## **Revelation 2:1-4 (NASB)**

**1 “To the angel of the church in Ephesus write:**

**The One who holds the seven stars in His right hand, the One who walks among the seven golden lampstands, says this:**

**2 ‘I know your deeds and your toil and perseverance, and that you cannot tolerate evil men, and you put to the test those who call themselves apostles, and they are not, and you found them to be false;**

**3 and you have perseverance and have endured for My name's sake, and have not grown weary.**

**4 But I have this against you, that you have left your first love.**

**As a man who likes to contend for the faith and fight for my marriage and my church, it is easy to have lots of zeal and passion.**

**Sometimes the fight can weaken your love.**

**The fight will dim your love for Jesus and others.**

**Today, take time to repent and tell Jesus thank you for all that he's done.**

**Express your gratitude and love toward him.**

**Don't lose your first love.**

**As the Holy Spirit for a fresh baptism of love.**

**There's no other way to persevere in the grace of God with Joy than to run this race and fight this fight with fresh Love for God.**

**Romans 5:3-5 (ESV) 3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces**



character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

1 Corinthians 13:7 (ESV)

7 Love bears all things, believes all things, hopes all things, endures all things.

That's not humanly manufactured love.

This is divine agape love that only the Holy Spirit can produce in Christians...

If you try to follow 1 COR prescriptively, you will fail...but if you see it descriptively, you'll know that

the Holy Spirit will produce that kind of love in you...

It's not by the letter of the word, but by the newness of the Spirit...

The only way we can get that kind of love for Jesus, to serve Jesus is by the Spirit:

Romans 7:6 (NLT)

6 ...Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.

**A Christian's life is a whole new life compared to the old one before Christ saved us.**

**It's a whole new life because of the life of the Holy Spirit at work in us.**

**THERE IS ONLY POWER TO CHANGE THROUGH THE MESSAGE OF THE GOSPEL.**

**Romans 1:16 (ESV)**

**16 I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes..**

**Without that power, it is impossible to serve God.**

**That power, the power of the Holy Spirit, is available to us through the Gospel.**

**What is the Gospel?**

**We were born into sin.  
We cannot save ourselves.  
We can only be saved from sin through faith in Jesus Christ.**

**That's the gospel in short.**

**How do you respond to those three truths of God's good news?**

**ADMIT you are a sinner who cannot save himself.**

**BELIEVE that Jesus Christ, God the Son, died on the cross in your place, rose from the grave and is alive today.**

**CONFESS that Christ is Lord, the highest authority above all things.**

**DEAR LORD JESUS**

**I BELIEVE THAT YOU ARE THE SON  
OF GOD**

**I BELIEVE THAT ON THE CROSS,  
YOU TOOK MY SIN, MY SHAME, AND  
MY GUILT;**

**AND YOU DIED FOR IT.**

**I BELIEVE THAT YOU FACED HELL  
FOR ME;**

**SO THAT I WOULD NOT HAVE TO GO;**

**AND YOU ROSE FROM THE DEAD,**

**TO GIVE ME A PLACE IN HEAVEN,**

**A PURPOSE ON EARTH,**

**AND A RELATIONSHIP WITH YOUR  
FATHER.**

**TODAY LORD JESUS,**

**I TURN FROM MY SIN  
TO BE BORN AGAIN.**

**GOD IS MY FATHER,**

**JESUS IS MY SAVIOR,**

**THE HOLY SPIRIT IS MY HELPER,**

**THE BIBLE'S MY GUIDE**

**AND HEAVEN IS MY HOME...**

**IN THE NAME OF THE FATHER,  
THE SON, AND THE HOLY SPIRIT,  
AMEN.**

**BLESSING:**

**NUMBERS 6:24-26 (ESV)  
THE LORD BLESS YOU AND KEEP  
YOU;**

**THE LORD MAKE HIS FACE TO SHINE  
UPON YOU AND BE GRACIOUS TO**

**YOU; THE LORD LIFT UP HIS  
COUNTENANCE UPON YOU AND GIVE  
YOU PEACE.**

**Hope to see you here again or in  
person.**

**GRACE AND PEACE TO YOU FROM  
GOD OUR FATHER AND THE LORD  
JESUS CHRIST**