

Romans 8: Governed by the Spirit

By Kevin Kusunoki, April 19, 2026

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. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God.

Romans 8:5-8

Flesh = Disordered Desires ✓

1. Misplaced Priorities ✓
2. Disproportionate Obsessions ✓

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. But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. 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 His Spirit who lives in you. Therefore, brothers and sisters, we have an obligation – but it is not to the flesh, to live according to it. For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

Romans 8:9-13

Two traits to adopt in this battle:

1. Dedication ✓
2. Discipline ✓

REFLECTION QUESTIONS

1. Is there anything in your life that is a misplaced priority? Is there anything you love with a disproportionate obsession?
2. What is one area of sin that you struggle with? What might be the underlying “fleshly problem”, and how might you engage in a spiritual discipline to fight against it?