



JULY THEME



Week Two – Freedom from Our Flesh

Monday ~ READ

READ Romans 8:4b-13 in 3 different translations or paraphrases. Then, read it again in one of them, but this time read it out loud. *www.Biblegateway.com is a great place to view varied translations and paraphrases of Scripture

Tuesday ~ COPY

COPY Romans 8:4b-13 in your preferred translation or paraphrase.

Wednesday ~ PONDER

PONDER Romans 8:4b-13 using the following prompts...

- Verse 4b – there is an assumption made about believers in this part of verse 4. What is it?
- Verse 5-13 – carefully scan these verses and make 2 lists as you do... a list of things describing the person who *“walks according to the flesh”* and a list of things describing the person who *“walks according to the Spirit.”* After making your lists, pick the things on both lists that speak to you the most, and then journal your thoughts about why. *Note...as you make the lists, some things will be direct and some will be implied
- Verses 5-6 – what seems to play the biggest role in determining whether someone *“walks according to the flesh or to the Spirit?”* Ponder why this might be so. Journal your thoughts.
- Verses 9-11 – verse 9 speaks freedom from living and walking *“in the flesh”* and verses 10-11 give us hope for areas where we may still be bound in living that way. What is that hope? And how does it speak specifically into your life today? Journal your thoughts.
- Verses 12-13 – these verses imply both a responsibility and a blessing for living in freedom from our flesh. Ponder these and journal your thoughts as the Holy Spirit speaks to you from these verses.

Thursday ~ PRAY

PRAY into the freedom that Romans 8:4b-13 declares using the following prompts...

- PRAISE and THANK God that you are no longer bound in *“living according to your flesh”*
- PRAISE and THANK God for this freedom He has given you in Jesus
- ASK God to help you *“set your mind on the things of the Spirit”*
- ASK God to reveal to you any areas where your mind is still *“set on the things of the flesh”*
- CONFESS any areas where you are still bound in *“living to the flesh”* and ASK the Spirit to give life and freedom to you, and to help you put *“those deeds to death”*

Friday ~ LISTEN

LISTEN to a message on Romans 8:4b-13 on our YouTube Channel, *Established Footsteps Ministry*.

*The video will be posted by Friday and the link will be sent to you via email.

Saturday ~ SHARE

SHARE Romans 8:4b-13 by praying for someone whom you know is struggling with *“living according to the flesh.”*

Then, share with that person that you prayed for him/her, sharing as much detail about your prayer as is appropriate.