



**HEROES & CHAMPIONS OF THE NEW TESTAMENT - 2004**  
**THE WAR BETWEEN THE FLESH AND THE SPIRIT**  
**The Book Of Romans - Women's Discipleship Group**  
**Terri McFaddin Series #3 Lesson #4**

**Scripture Focus:** *“For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.”(Romans 8:2)*

**Key Word:** LAW (Greek – Nomos) A standard for the administration of justice. Principals by which a group or nation is governed.

**OPENING STATEMENT:**

If you have studied the Bible for any length of time, I am certain that you have heard the sometimes-complex dialogue about the *law vs. grace* and the *flesh vs. Spirit*. I think the best way to understand the rules of *law and grace, flesh and spirit* is to see how each of these principles play out in the scriptures:

Law: The standard of God's justice. Romans 7:1-4

Grace: Divine favor. Romans 5:15-17

Flesh: The substance of the body. Romans 7:18

Spirit: The invisible person of God. Romans 8:5

**OBSERVATIONS:**

1. In Romans chapter 7, how many different types of laws are mentioned?
2. According to Romans 8:5, what happens to those who live by the flesh?
3. What happens to those who live according to the Spirit?

**INTERPRETATION:**

1. Read Roman's chapter 7 and try to explain what the inward struggle is all about?

2. According to Romans 8, how does the Spirit help us become the adopted children of God?