

SERMON NOTES

Alive In The Spirit

Ps Nathan Bean
Nexus Church
6 SEP 2026

Rom 7:1-4; 8:5-8

opening prayer

- Honest hearts before the Lord, that Holy Spirit would reveal what is truly happening beneath the surface in our lives.
- Wisdom and revelation as we open Scripture.

ice breaker

What's something you've become much better at over time, but still occasionally find yourself doing the wrong way?

overview

- Freedom comes from belonging to Christ, not performing for God. We aren't called to live under the weight of obligation, but from the freedom and joy of relationship with Jesus.
- Our struggle with sin is real (**Rom 7**), but it isn't our destination. In Christ, we are called to live from a place of freedom and victory (**Rom 8**).
- We need to deal with what's beneath our sin. The very place we look to for our worth, security or significance can become a false saviour.
- Holy Spirit is transformative, willpower is not. The Spirit not only exposes what needs to be removed, but empowers us to live differently.
- We are beloved sons and daughters, not slaves trying to earn acceptance. There is no more condemnation for those in Christ (**Rom 8:1**).

go deeper

Ps Nathan explored the relationship between **Rom 7 & 8**, emphasising that the life of a believer involves a real struggle with sin, and the place beyond this to which we are called. The Apostle Paul's disposition moves from "*What a wretched man I am,*" (**ch. 7:27**) to the declaration that there is "*no more condemnation for those in Christ*" (**ch. 8:1**).

Ps Nathan contrasted being bound to the law with belonging to Christ. Legalism produces obligation and fear, whereas relationship with Jesus produces grateful obedience and freedom. He then explored the *sin beneath the sin*, where our hearts can often, unknowingly, be governed by deeper desires and false saviours. Like his own experience with sport, Ps Nathan shared that sometimes things become idols in our lives when our emotional wellbeing depends upon its success.

The answer is not greater willpower, but the work of Holy Spirit. He searches our hearts, exposes what is out of alignment, reminds us of our identity, and pours into us the love of our Father, reminding us that we are not slaves trying to earn acceptance, but adopted sons and daughters who can cry, "*Abba, Father*" (**Rom 8:15**).

application 01

Take a few moments to quietly reflect on the following, as a way of identifying a potential counterfeit saviour.

What is it that, when it goes well, you feel great, yet when it goes poorly, things fall apart? Name it before the Lord, even write it down. With wisdom, share this with the group and take time praying for one another.

discussion

- 1 Rom 7:4 says we "*belong to another*", being Christ. Is your obedience more often driven by obligation or love? Elaborate.
- 2 Take a moment to consider the area/s of your life that could be the *sin beneath the sin*. What are some ways we can recognise when something good has begun taking the place that rightfully belongs to the Lord?
- 3 How would knowing you are a beloved son or daughter, not a slave earning acceptance, change your response to sin and failure? How does it change the way you approach the Lord? In reframing this, the way we *think* the Lord views us should be challenged.

application 02

Pray the Psalm:

Pray the words of **Ps 139:23-24**, inviting the Lord to reveal anything in you that is not in alignment. Take a few minutes to quietly journal anything the Lord says to you.

closing prayer

- For the Lord to *search our hearts* for anything that is competing with Jesus for the throne of our hearts.
- That we would find our worth, security, and peace in Christ alone.
- Lives that are shaped by approaching the Lord as our "*Abba, Father*".