

Week FOUR

FOR I HAVE REDEEMED YOU

DAY ONE

I've Been Set Free

1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God.

Romans 8:1-8

An experiment was once done on the power of mindset. Two basketball players divided up on either end of the court to shoot free throws (that's when a player gets an unimpeded shot at the basket following a foul). Each player was told to shoot 10 free throws. On one end, the player was told to think positively before and after each shot, to build himself up with positive self-talk and reinforcement—whether he made or missed a shot. Additionally, the coach on that end would consistently encourage the player throughout the experiment. Meanwhile, on the opposite end of the

opposite end of the court, the player was merely told to shoot free throws and try to make them all. No reminder about positivity was shared, no encouragement was given. At the end of 10 shots, each player was replaced with two new ones and the cycle began again. Once the experiment finished, they tallied up the made shots, resulting in an overwhelming difference. The end where positivity was preached had an exponentially higher made shot percentage than the other end.

Your mindset matters.

That's why the Lord tells us to set our minds on things above (Colossians 3:2). Focusing only on pleasing our flesh is the path to eternal death. But setting our hearts and minds in the Spirit, allowing Him to direct our steps, leads to a life of glory toward the Lord—and life everlasting. The Lord so values us that He gives us the key to defeating temptations of the flesh—Him! Further, the law of the Spirit has set us free in Christ Jesus, free from the law of sin and death. Jesus did what the Old Testament Law could not. The law was condemning; the new covenant (Jesus) is forgiving and life-giving. Thank you, Lord!

Follow the SHINE Time devotional tool to dive deeper into today's scripture!

S

Seek the Lord in prayer.

H

Highlight a characteristic of God.

I

Identify a truth about yourself or people.

N

Notice what the Holy Spirit is communicating to you.

E

Engage in the next action step. Think of a way to respond in obedience to what God has revealed to you today.