

The Exchanged Life

Memorize Galatians 2:20, *I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.*

1. Read Romans 6, 7, 8 for a theological foundation for this lesson and answer the following questions found in the verses listed:

Romans 6:6: what was crucified with Christ? _____

Romans 6:7: who is freed from sin? _____

Romans 6:11: what are we to consider ourselves **dead** to? _____

Romans 6:11: what are we to consider ourselves **alive** to? _____

Romans 6:13: to whom are we to present ourselves? _____

Romans 6:14: what does Paul say that sin should not be able to do?

There are specific results to this **co-crucifixion** with Christ:

- our old self is dead (verse 6)
- sin does not reign over us (verse 14)
- since we are believers we have a choice now to submit ourselves to Christ.

2. **Our old self is dead.** The old self is the fleshly nature that is us, prior to the regenerating work of the Holy Spirit. At every instance we were sinners. There was nothing in us to warrant salvation except that God chose to save us!

Do not misunderstand salvation. God did not revitalize our old self. He did not reshape it—He killed it! 2 Corinthians 5:17 says, *Therefore, if anyone is in Christ, he is a **new creation**; the old has gone, the new has come!*

How can our old man be dead and we still sin? That is a matter of faith. God has **declared** that we have been crucified with Christ. By faith we believe it to be so!

In Romans 6:11 Paul tells us to count (consider) ourselves to be dead to sin. Only dead people cannot be controlled by sin! That is exactly the point of Paul's discussion. We must consider ourselves to be dead to sin and alive to God.

3. **Sin does not reign over us.** From the death of the old self it follows that sin should not be able to reign over us. Remember, **dead men do not sin!**

By *reign over us* I mean that the believer does not **have** to sin any more. A non-christian sins always because his nature is to sin and sin taints even his good deeds. The believer's new nature is always pleasing to God and therefore sinless. That is why God calls us *righteous, holy, pure, etc.* It is that He sees the old self dead and the new self alive. What do you see?

4. **We have a choice.** God has freed us from the bondage of sin and the devil so that we are truly free to choose to serve God!

Read Romans 6:13. Does he not say that we are to present ourselves to God in order to produce righteousness? But how do you present yourself?

5. **The process of choosing**

• **Choose to believe what God says about our old self.** God has stated that the old self has been crucified already with Christ. Reread Galatians 2:20 (it's in the box on the first page!). Note the tense of the verb. It *does not* say that we *will be* crucified. It says that we *have already been crucified*. Now, is God playing a game with us, or is He just lying? No! He means what He says. We are dead. Now believe it!

Read Colossians 2:6.

How are we to walk as Christians? _____

We walk by faith... faith in what God has said is true. We will be tempted to walk by what we see to be true. We see ourselves as: sinners, failures, weak, poor, etc. But God does not! Believe what God says.

• **Choose to believe that the new self is in control.** The new self is under the direct control of the Holy Spirit; that's is why the new man cannot sin! Paul says that to whatever we choose to present ourselves, to that we will be slaves. If we choose to be slaves to our old nature—we will sin. If we choose to be slaves to our new nature, righteousness will come out.

• **We are to trust God to live through us.** Reread Galatians 2:20. It is not *I* who lives, but *Christ*. He lives!

Read Colossians 3:4. Who is our life? _____

Read Philippians 1:21.

To Paul living here meant who would be living? _____

It is Christ who lives through our new man.

6. **The conflict.** Read Romans 7. Here we find the conflict of the Christian life. What we want to do, we do not do. What we do not want to do, we do! Absolute frustration. Have you experienced it yet? In this state the believer is trying desperately to be what he should be. And cannot do it!

Read Romans 7:20.

What does Paul say that dwells in him? _____

This indwelling sin is that old nature that *must* sin!

- It's control is present because we are still in the flesh!
- Our minds, emotions, and will are all conditioned by it.
- It has been crucified, but it still rules what it is *allowed* to rule. It is much like a thought that resides in our memory. While the event of past hurt has passed, the pain still remains, so that when we hear the name of the one who injured us, we recall the pain, and we act consistent with the memory of pain. Have you ever been shocked by an electrical current? Most people never want to do that again. You remember, and it controls your future actions.

In the same way, our old nature has controlled us. We are conditioned to specific actions and reactions that are sinful. To us, this conditioning is who we are! Our old nature has defined us and controlled us. We are familiar with how the old nature acts and reacts. When we are saved, the power the old self has to control us is crucified. We now are free to choose to live under the control of the new self.

7. Frustration must come. There can be no freedom until you are tired of the struggle. Read Romans 7:24-25.

What does Paul call himself? _____

What does he want done? _____

Who alone can do it? _____

Unless you are desperate for God to set you free—you will remain in bondage to sin.

• ***The biggest enemy to living by faith is trying!*** When the flesh tries to remake itself, renew itself, act better, *however you want to say it*, it keeps us from faith. You must come to the end of your self where you throw up your hands and say with Paul, ***I quit! I cannot do it. I need to be free of this!***

8. Freedom at last!

Read Romans 8:1: *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath **made me free** from the law of sin and death.*

What does Paul say about the believer in these two verses?

- _____
- _____

Read Romans 8:6.

What is the mind set on the flesh? _____

What is the mind set on the spirit? _____

Read Romans 8:26-39 and write down what God says about you:

9. There must come a time of surrender, when you quit trying and start trusting. For some this is very traumatic. Have you come to this place of absolute frustration?
- Ask God to *forgive* you for trying to be a Christian.
 - Ask God to *fill* you with the Holy Spirit.
 - Tell Him you want to *live* by faith.
 - Tell Him you want to *exchange* His life for yours.
 - Tell Him you *choose* to let Him live through you.
 - *Practice* this daily dying every day.