

Sunday Service ~ December 14, 2025

Service for Swansea & Charlestown Presbyterian Church

Welcome & Prayer

As we begin our service of worship this morning lets remind ourselves of the great God we are coming before. So, I am going to start off with a reading from Psalm 46. *"God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' The Lord Almighty is with us; the God of Jacob is our fortress."* (NIV)

Prayer God our Refuge, when human resources fail, you alone remain our sure hope and defence. In the knowledge of your love, grant us courage. We place ourselves in your hands, confident that nothing can separate us from your love. We praise you for Jesus, the Living One, the First and the Last, who was dead, but now is forever alive. Help us, who have not seen, to believe; send us, as you have sent Jesus, to greet the world with the Easter word of peace and to share with all the Spirit's new life of forgiveness. We ask through the Lord Jesus, our Passover and our Peace, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

Song – How great is our God

<p>1. The splendour of a King, clothed in majesty Let all the Earth rejoice All the Earth rejoice He wraps himself in light And darkness tries to hide And trembles at His voice Trembles at His voice</p> <p>Chorus: How great is our God, sing with me How great is our God, and all will see How great, how great is our God</p> <p>2. Age to age He stands And time is in His hands Beginning and the end Beginning and the end</p>	<p>The Godhead Three in One Father Spirit Son The Lion and the Lamb The Lion and the Lamb</p> <p>Chorus</p> <p>Bridge: Name above all names Worthy of our praise My heart will sing How great is our God You're the name above all names You are worthy of our praise And my heart will sing How great is our God</p> <p>Chorus x2</p>
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Bible Reading – Romans 8:1-18 (NIV)

"Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. 3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness

of sinful flesh to be a sin offering. And so he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. 5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. 7 The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. 8 Those who are in the realm of the flesh cannot please God."

Announcements

The focus for this month is Christmas. John 1:14 declares, "*The Word became flesh and dwelt among us.*" In the birth of Jesus, we see the sovereign God fulfilling His eternal purposes — the same God who spoke creation into being now enters it, not as an afterthought but as part of His redemptive plan from before the foundation of the world. Christmas reminds us that salvation is entirely God's work. We do not climb our way to Him; He comes down to us. In His mercy, He takes on our humanity so that, by grace alone, we might share in His life.

Lords Supper will be held today at all three services. Please prepare yourself to remember Jesus death by the taking of the bread and the wine.

New City Catechism. Question 51. Of what advantage to us is Christ's ascension? Christ physically ascended on our behalf, just as he came down to earth physically on our account, and he is now advocating for us in the presence of his Father, preparing a place for us, and also sends us his Spirit.

Bible Reading – Romans 8:34 Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.

Christmas Services will be on Christmas Eve at 6pm, Christmas day at 8am at Swansea and then back at Charlestown at 9:30am. Take note that this is 9:30, not the usual time of 9:45.

Carols Service – Next Sunday evening (21 December) we'll be gathering for a special Sunday@6 Carols Service. The whole time will be family-friendly, with a kids' talk and plenty of extended singing as we celebrate the good news of Christ's birth together.

Help Needed. We are hoping to get the keys for the new redevelopment before Christmas. At this stage we are hoping to have a number of painting/work days – Saturday 20th & 27th December & 3rd, 10th & 17th January with a cleaning and moving back day on Saturday 24th January. These dates are not as yet fixed but it might give you a bit of an idea of when extra help will be needed. Please fill out the questionnaire sent to everyone last Sunday morning to sign up.

Camp - Please remember that if you would like to make use of the early bird discount for church camp next year, that this price will only be available before the end of the year, so get your registration in quick!

Kids Christmas party-14th December. Our Kids' Christmas Party will be held at Attunga Park on Sunday the 14th of December. We're looking forward to a fun morning together! Please remember to bring hats and apply sunscreen, as we'll be outdoors. Kids will start off in the service and be taken to the park by their teachers after the kids talk. We can't wait to celebrate!

Next AM Sermon Series: Romans 1-8 ~ God's Unstoppable Gospel

21.12 **Is the Christian life worth it?** Romans 8:18-39

Pastoral Prayer

Pray for Chad (Population ~ 20.8 million, Christians ~ 6 million). Christians in Chad face very high levels of persecution, particularly in regions affected by Islamist militant activity where violence, displacement and social hostility are common. Ask God to protect believers living under the threat of extremist attacks, guarding their lives, families and communities. Pray for comfort and strength for Christians, especially those who have left Islam, who often feel isolated and must worship in secret. Ask God to provide safe ways for believers to meet, worship and support one another with courage and unity. Pray that hearts and

minds across local communities and leadership will soften so that hostility is replaced with understanding, allowing greater freedom to follow Jesus openly. Also pray for provision and hope for displaced believers who have lost homes or livelihoods, that God would surround them with care and stability in the midst of uncertainty.

Pray for our Youth Leaders and the young people they serve. Thank God for sustaining our leaders through a year of teaching, listening, guiding, and walking alongside teenagers in all the joys and challenges of adolescence. Give thanks for every conversation, every act of care & every moment when Christ's love was shown in small but meaningful ways. Pray that each leader would find deep rest, renewed joy, and spiritual refreshment during the break, strengthened in heart and mind for the ministry ahead. Ask God to water the seeds of truth sown throughout the year, that the gospel would take root in the lives of our youth, shape their character, anchor their identity in Christ, and draw many of them into a living, growing faith.

Pray for our Christmas services and for every invitation that will be extended in the coming weeks. Thank God for the opportunity to proclaim the good news of Jesus' birth to our community with clarity, warmth, and joy. Pray that believers would be bold, loving, and prayerful as they invite friends, neighbours, and family members who may be hesitant or unsure about church. Ask God to prepare hearts long before they walk through the doors, softening doubts and stirring curiosity about the hope found in Christ. Pray that every aspect of the service, from the welcome to the music to the preaching to the conversations that follow, would point clearly to the Saviour. Ask that many would encounter the truth of the gospel, recognise God's grace toward them, and take steps toward faith in Jesus this Christmas.

Bible Reading – Romans 8:9-17 (NIV)

9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. 10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

12 Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. 13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. 14 For those who are led by the Spirit of God are the children of God. 15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” 16 The Spirit himself testifies with our spirit that we are God’s children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Song – The first hymn <https://www.youtube.com/watch?v=qTyJu9lyVki>

Let all be silent

Amen, we sing, amen

The shining stars not sound

Repeat verse 1 and chorus

Rushing rivers still

Bridge: (twice)

Let the mountains bow down

To the only Giver of all good gifts: Amen

In awe and wonder

To the only One who forgives our sins: Amen

In reverence we come

To the only God to the Risen King

Who is worthy of all worship?

To the One who died and rose again

Who is seated on the throne?

Amen, we sing amen

Chorus:

Chorus

All powers cry out in answer

All glory and praise forever

To our God

The Father, Son and Holy Spirit

Sermon – Life in the Spirit (Stephen T)

Sermon link: <https://www.youtube.com/watch?v=r4uJ3d5NI7A>

A few years ago, there was a story on the news about a little boy from regional New South Wales who'd been in and out of foster care for most of his young life. He'd lived in half a dozen homes, carried a suitcase that was almost bigger than him, and had learned not to unpack it — because he never knew how long he'd stay.

Then one day, a couple walked into the family court and said, "*We want him. Not for a season — forever.*" It took a while for it all to happen but eventually the papers were signed, and that afternoon he went home with his new mum and dad. They said the first thing he did when he walked through the front door was run to his room, unpack his clothes, and slide the suitcase under the bed. For the first time in his life, he knew he wasn't leaving. Everything changed that day — his name, his future, his sense of belonging — because someone chose him.

And that's what Romans 8 tells us God has done for us. The Holy Spirit steps into our broken, uncertain lives and says, "*You belong now. You're not condemned. You're not alone. You're home.*" Romans 8 declares that **the Spirit changes everything** — our status, our mindset, our life, our obligations, and our very identity.

Slide 2

Now up until now in the book of Romans there has been very little said on the work of the Holy Spirit. It has instead been all about God's plan of salvation that has come to pass because of Jesus' life, death and resurrection. But now the Holy Spirit takes centre stage. In Romans 8, He is mentioned 20 times! Because Paul wants to move from the how of salvation to the aim of salvation. From justification to sanctification. From being saved to living as a saved people and it is the work of the Holy Spirit that changes everything for us.

Slide 3

1. For the Spirit free us & gives us a new status (Verses 1-4)

"Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."

Friends there is no condemnation for those who are in Christ Jesus. Simon Mulready leading our morning service a few weeks ago, said this was the verse at age 19 that made everything click for him. Brought up in a Christian home, he knew well the gospel but it all made sense when he realised there was **no condemnation**. Why? Because our past sins, our present sins, even our future sins no longer condemn us. When God's Holy Spirit joins to Christ.

Christ has been condemned in our place. Which means his death and resurrection has freed us from our sin. Freed us from the law's clutches. Yes, we are guilty but we are not condemned. Yes, we have been held captive but now we have been set free. Because the law of sin and death was too weak to purchase our salvation but the law of the Spirit of God was powerful enough to break our chains and free us from sin's condemning grip.

Slide 4

Have you ever gone to an airport and wondered how those big, heavy load-carrying planes can lift off from the runway? For the law of gravity holds everything down but when the plane taxies along the runway, the law of aerodynamics comes to the fore and it has the power to help these planes fly like a bird. In the same the law of sin and death held us down but the law of the Spirit takes the work of Jesus and helps us fly.

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It was John Bunyan in Pilgrims Progress that wrote, "*Run, John, run, the laws commands; but gives me neither feet or hands; far better news the gospel brings: it bids me fly and gives me wings.*" So, it is not a

Red Bull that gives me wings but the gospel of Jesus Christ. And it is the Holy Spirit's job to apply that gospel to our everyday lives.

Slide 6

3 "For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit."

The law could expose sin but only Jesus could erase sin. And the Spirit doesn't leave it up to our weakened nature to live in the light of that 'not guilty' verdict. But provides us with the power to live the way that God wants us to live from now on. So, the Spirit breaks the chains of our bondage to sin and death so we are now capable of living a holy life. The Holy Spirit, is then what you and I need in order to live a holy life.

Slide 7

So often we Christian look to the Holy Spirit for the gifts of the Spirit and certainly that is where our giftings come from. But the Holy Spirit's bread and butter is to enable us to live life, according to the Spirit. In step with the Spirit. Being filled with the Spirit. And that gives us the power we need to live the life that God desires of his followers.

Which means when guilt whispers in our ear, "Your guilty. You're no good. You'll never make the grade!" The Holy Spirit is whispering in your other ear "You're free!" There is no condemnation now or ever for those who are in Christ Jesus. So don't tie yourself up again in the chains of guilt. Don't let the devil hold you back. You're free. The Holy Spirit has made you free. Jesus death on the cross has freed you. And the Holy Spirit has applied that freedom to your life. So, live not as condemned criminals but as free men and women. He's freed us &

Slide 8

2. He focuses us on the task at hand by giving us a new mindset (verse 5-8)

5 "Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires."

There are two different mindsets that we human beings can have. We can set our minds on the things of the sinful nature. What our world offers, the bright lights it wants to lie to us that life is all about. Alternatively, we can be preoccupied with what the Spirit desires and what God has made you for and what the Lord has saved you for.

Slide 9

For the mind is the control centre of our lives. So, what it is switched onto will determine the sorts of activities that we will fill our lives with. Which means the mind is the key battle field for the life of the behaviour. And so, what we fill our minds with, will determine how faithful to God we will end up being.

Once a week my phone sends me a message telling me how much time I spent on it per day last week. And I am always amazed that it is way more than I would like it to be. Yes sure, I do everything from work, internet banking, shopping, emails, and catching up with people all on the phone. But you have to say that our modern mobile phones are shaping us substantially. And not really for the good. Instead of praying in that spare minute or two I check my emails. Instead of talking to the person in front of me, I am led down the path of some algorithm to a place I really shouldn't be going!

Slide 10

But the Spirit is the one who will not just free us from condemnation but focus us on the things of God. You will change the radio station from the frequency of the world onto the frequency of the word. *6 "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. 7 The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. 8 Those who are in the realm of the flesh cannot please God."*

Do you get what the Spirit can do? He can bring life and peace to our lives. He frees us to live life the way we were meant to live it. The way God designed us to live. But to do that we need to be open to the work of the Spirit as he changes our thinking. But that is often easier said than done.

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In the movie, *The Shawshank Redemption*, Red reflects on what prison did to Brooks Hatlen: though legally free, Brooks could not live outside of prison because his mind remained in the cell. Red says, “*These walls are funny. First you hate 'em, then you get used to 'em. Enough time passes, you get so you depend on them.*”

That's the struggle we have with sin: though we are released in Christ, we often keep thinking like slaves. Our minds stay locked up with the patterns of fear, guilt, and slavery. But Romans 8:5-8 says it's the Spirit that can change our thinking. As we fill our mind and our thoughts with the word of God and as we talk and communicate to our Father God in prayer, the Spirit shapes not just our thinking but our doing. He focuses us on the things of God and creates in us a desire to do the things of God.

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Have you ever spent time with the Lord, maybe with your Bible open and asked His Holy Spirit to fill your mind, to adjust your thinking, to make you want to live the life that God has made you for? Have you stopped yourself when those harmful desires come front of mind and quoted a memorised scripture to reorientate, you're thinking to things of God? Do you regularly plead to the Lord for his help because on your own you just can't focus on the things that you know you should be focussing on? That's the work of the Spirit wants to do in our lives.

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3. He frees you; he focuses you & thirdly he fills you, with new life (verses 9-11)

9 “*You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. 10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.*”

You see God does not leave the Christian alone but he comes to live with them. And it is not that he is an occasional guest but he actually takes up residence inside of your life, permanently. God knows that we are extremely vulnerable without the presence of his Holy Spirit. For the sinful nature is still waging a guerilla war within each Christian. So, he is personally there to lend a hand by sending a part of the Trinity to make your heart his home.

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But which part of the Trinity? Verse 9 says it is the Spirit of God who lives in you. Then it talks about us having the Spirit of Christ. Verse 10 that Christ now lives in you & then in verse 11 the Spirit within us is called “him who raised Jesus from the dead”. It's all very confusing. Is it the Father's Spirit, the Son's Spirit or the Holy Spirit that we can be filled with. Or all three?

Well, you can see why Romans 8 is a must to understand if we are going to come to grips with the Trinity. And it points to the fact that God is three in one. Three persons but one essence. The Spirit is a distinct person but he also proceeds from both the Father and the Son. But what it means for us is that when we say we are filled with the Holy Spirit, it means we have 24/7 real time access to the Father, Son and Holy Spirit.

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Which means the Holy Spirit is reminding us that we belong to Jesus. That we now live in Christ. As he lives in us. God's Spirit lives in you as you live your life before the Father of all creation. So, Paul continues, 11 “*And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the*

dead will also give life to your mortal bodies because of his Spirit who lives in you." And this Spirit has power, real power.

For the same power that raised Jesus from the tomb now lives in you. He is the one who will breathe life into our dry bones, who will give us hope in the midst of despair and strength when all there is in ourselves is weakness. Now that's staggering. Absolutely staggering. For it means no Christian lacks the power to live the life that God wants us to live. None of us. The question is are we plugged into that power source? Or are we still trying to do live this life on our own, in our own strength?

So, ponder that for a moment or two, inside each Christian is the Holy Spirit. He is the one that has freed us from sin. He is the one who is focussing us on the things of God. But He is also filling us with resurrection power that will enable us to change not from the outside in (that's what the law couldn't do for us) but from the inside out!

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So, friends please don't say to yourself, "I can't change this aspect of my life, because it's just my nature to do things this way." For God has the power to transform your nature. If the Holy Spirit can raise Jesus from the grave, He can get rid of those ingrained habits, those unhelpful parts of your personality, he can even change you and make you more like Jesus.

Now later on in Romans 8, Paul will tell us how the Spirit of God does this and he often uses suffering. Which means that very few of these changes will happen instantaneously. There will be plenty of two steps forward, one step back or even one step forward & two steps back. But it is often in the tough times, the difficult times, even in the impossible times, that we see our own power source is broken & we open ourselves up to the power that raised the Lord Jesus from the dead, that is available to us 24/7 through the work of the Holy Spirit.

I'm currently corresponding with a man fighting pornography addiction. And it's a terribly tough battle. He's a Christian, he has access to the power of the Holy Spirit and he is making forward progress but it's far from easy. But he is not alone, God is with him.

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Speaking to a large audience, Dwight L. Moody once held up a glass and asked, "How can I get the air out of this glass?" One man shouted, "Suck it out with a pump!" Moody replied, "That would create a vacuum and shatter the glass." After numerous other suggestions Moody smiled, picked up a pitcher of water, and filled the glass. "There," he said, "all the air is now removed." He then went on to explain that victory in the Christian life is not accomplished by "sucking out a sin here and there," but by being filled with the Holy Spirit.

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4. Who then forms us – and gives us a new obligation (verses 12-13)

12 *"Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. 13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live."*

Friends our obligations to the sinful nature, have now ceased, we owe it nothing. Instead, our obligation is now to the Spirit. To put to death the old way of life. And to embrace a life of holiness, empowered by the Spirit. Which is why we need to keep remembering what God has done for us. He created us in the beginning. Saved us through his son's death and is freeing us, focusing us, filling us and forming us into the people he wants us to be.

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We can't forget that our new relationship with the father, the son and the Spirit changes everything absolutely everything. When Mary Donaldson married Crown Prince Frederik of Denmark, everything

changed. She was an ordinary Australian woman from Hobart, but on that wedding day, she became Her Royal Highness, Crown Princess of Denmark — and eventually, the Queen.

That royal title wasn't something she earned; it was something she was *given* through her relationship with the prince. But from that moment on, her life could never be the same. She was under an obligation. She didn't just marry a man — she entered a kingdom. She now had a new name, a new family, a new identity, and with it, a new way of life.

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Similarly, we can't just keep living as if we are still a private citizen of Australia. For we are also members of God's kingdom. Which means we no longer have an obligation to just our past, we belong to the royal family of God. We have a new name, a new allegiance, and a new calling: to live as sons and daughters of the King. And it is the Spirit that will help us in that spiritual formation. He reshapes our desires; he fills us with the necessary power and

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5. Lastly, **He fathers us** by bringing us into a new family (verses 14-17)

14 *"For those who are led by the Spirit of God are the children of God. 15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship."* This could be the most amazing truth of all. The ultimate goal to which God has saved you is to make you His son or daughter. God wants to adopt you. Which means you and I are not children by birth but children by choice. We are then not slaves or servants trying to earn our keep, but sons and daughters who have this wonderful access to the father, our father.

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"And by him we cry, "Abba, Father." 16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."

The Jew of the OT would never call God their father, let alone 'abba, daddy'. But Jesus called God 'daddy' when he cried out to him in the Garden of Gethsemane *"Abba, Father, all things are possible for you, remove this cup from me, yet not what I will but what you will."* But we get to do now what in the past only the son could ever do. Call God our father.

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A while back I read the story of a Pakistani lady who was given a Bible and so she found herself one day outside on the veranda with the Koran in her left hand and the Bible in her right. And so, she prayed, God, I know that you are out there but which book should I read? She felt a prompting of the Spirit within her, to read the book that calls me Father. So, she took them both up until she found where the Bible taught us to approach him as father. She then wrote a book, called, *"I dared to call him father."*

That's what we can do, today, we can call him our father. Remember Jesus when he taught his disciples to pray, begin the Lord's prayer with the words "Our father..." that's not the language of fear but faith. That's not what orphans or outsiders say, only children. Now the only people that call me father or daddy are Sam, Jemma and Josh. But the Spirit of God fills us and teach us all to cry out to the God of the whole universe "Abba, father." And the Spirit testifies within us that we are now a part of his family. We are his children. Even his heirs.

Heirs of God, co-heirs with Christ. Wow, you can get a more exalted position in the whole universe than that. That means the riches that should flow to Jesus for being the faithful son, also flow to us for we are in Christ and he lives within us. We are able to enjoy what was once the only available to the father, son and the holy Spirit. We get to share in God's glory.

But we also share in something else that the Son shared in, Christ's sufferings. The road to glory is filled with suffering. But if the Holy Spirit is within us then that means that God will join us in our suffering. God continues to suffer on our behalf in order to give us his glory. In order to make us holy. In order to prepare us for an eternity with him.

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And this is the work of the Holy Spirit. He fathers us, fills us, forms us, focuses us and frees us in order that we might live in his presence for all eternity. Like that little boy from regional NSW, we can finally unpack our bags. We don't live wondering if we'll be sent away. We've been chosen, loved, named, and brought home forever. And Paul says, *"If we are children, then we are heirs — heirs of God and co-heirs with Christ."* That means that all that belongs to Jesus, now belongs to us as well.

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Can you see how the Spirit changes everything? He gives us a **new status**, no condemnation. A **new mindset**, the mind of the Spirit. A **new sense of life**, resurrection power within. A **new obligation**, to live by the Spirit's leading as well as a **new identity**, we are now children of the living God. So, when guilt whispers, *"You're not good enough,"* the Spirit answers, *"There is no condemnation."* When weakness says, *"You can't change,"* the Spirit replies, *"I live in you."* When fear says, *"You don't belong,"* the Spirit reminds you, *"You are my child."*

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And when you feel you just can't change, remember the power that raised Jesus from the dead is now within you. Yes, you can't change, but the Holy Spirit is the one who can and will change you. So go to him, today and each day.

Song – Yet not I but Christ in me

[CityAlight ~ Yet Not I But Through Christ In Me \(Lyrics\) - YouTube](#)

<p>1. What gift of grace is Jesus my redeemer There is no more for heaven now to give He is my joy, my righteousness, and freedom My steadfast love, my deep and boundless peace To this I hold, my hope is only Jesus For my life is wholly bound to His Oh how strange and divine, I can sing, "All is mine" Yet not I, but through Christ in me</p>	<p>3. No fate I dread, I know I am forgiven The future sure, the price it has been paid For Jesus bled and suffered for my pardon And He was raised to overthrow the grave To this I hold, my sin has been defeated Jesus now and ever is my plea Oh the chains are released, I can sing, "I am free" Yet not I, but through Christ in me</p>
<p>2. The night is dark but I am not forsaken For by my side, the Saviour He will stay I labour on in weakness and rejoicing For in my need, His power is displayed To this I hold, my Shepherd will defend me Through the deepest valley He will lead Oh the night has been won, and I shall overcome Yet not I, but through Christ in me</p>	<p>4. With every breath I long to follow Jesus For He has said that He will bring me home And day by day I know He will renew me Until I stand with joy before the throne To this I hold, my hope is only Jesus All the glory evermore to Him When the race is complete, still my lips shall repeat Yet not I, but through Christ in me</p>

Benediction. *"16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."* (Romans 8:16-17)