1. There are titles that go with the Holy Spirit: ***Creator****,* ***Re-Creator****,****’s****, the* ***Divine Paraclete/Helper****.* Also he is the ***HOLY SPIRIT***, meaning he shares the holiness of God the Father and God the Son. **And we in whom the Holy Spirit lives have a sense of that very holiness. He is sent into our lives to work out that holiness within us.**
2. **Romans 7** speaks of how there is conflict within believers between the flesh nature and Spirit. In **Romans 8** Paul shows how the Spirit helps us grow in holiness and Christ-likeness. **The Spirit brings us into union with Christ in order to *sanctify* us**. In Romans 8:12-13 Paul emphasizes how the Spirit helps us put to death the deeds of the flesh because we are sons of God and have the family DNA.
3. How does this happen? We must meditate on the verses that surround those verses to get insight. **How is it that by the Spirit I put to death the deeds of the body?**
	1. ***First*, *the Spirit gives us a sense of four things that put to death sin in our lives.***
		1. **We need to actually *do* it!** Knowing the Spirit of Christ is in us should, by itself, motivate us!
		2. **We are *able* to actually do it**. **Romans 6** tells us that we have *already* died with Christ to sin and are no longer slaves to it!
		3. **We are actually *responsible* to do it**. The Spirit empowers me to do it and gives me the desire to do it; **but *I* must take the steps**. (See **Philippians 2:12-13**)
		4. **The Holy Spirit actually makes us *WANT* to do it**.
	2. ***Second*, the Spirit puts the desire within us to want to live holy, and not according to our dying flesh.** **Rom 8:13** states thatif we live according to the *flesh* we will die.
		1. **The spirit causes us to fix our gaze on our *final eternal destiny* rather than fulfillment of short term temporal desires**. This is practical theology. It involves the motives behind our actions.
		2. **Christ died for our sins, therefore, how can we live *for* them or *to* them??** If the Lord Jesus Christ came to die for my sins, how can I choose to live for *them* and grieve the Holy Spirit?
	3. ***Thirdly*, the Holy Spirit dwelling within us is *Himself* a Spirit of holiness.** (See **Romans 8:9-11**) He gives life to our mortal bodies and unites us to Christ. Paul teaches this in **1 Corinthians 6:15**. Our bodies belong to Christ— body and soul; therefore, we are to flee from sexual morality. Our spirits are joined to Christ Jesus and are one Spirit with him. When we sin we are dragging the Lord into our very sin. **This knowledge motivates us to resist temptations and sin.**