

WHAT IS The Law of the Spirit of Life

Let's examine the passage literally.

The Law of the Spirit of Life

Romans 8:1–2 (KJV)

1 There is therefore now no condemnation to them which are in Christ Jesus, **who walk not after the flesh, but after the Spirit.**

2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

The question is:

What is "the law of the Spirit of life"?

Step 1 — There are two laws being contrasted

Romans 8:2 mentions **two laws**:

1. **The law of the Spirit of life**
2. **The law of sin and death**

Paul is contrasting two governing principles or powers.

Step 2 — What is the law of sin and death?

Paul already explained it in Romans 7.

Romans 7:22–23 (KJV)

22 For I delight in the law of God after the inward man:

23 But I see **another law** in my members, warring against the law of my mind, and bringing me into captivity to **the law of sin** which is in my members.

Notice there are already two laws.

- The Law of God
- The law of sin

The law of sin is **not** the Law of Moses.

It is **sin dwelling in man**.

Romans 7:25 (KJV)

So then with the mind **I myself serve the law of God**; but with the flesh **the law of sin**.

Notice:

Paul still serves

the Law of God.

Step 3 — What is the Law of God?

Paul defines it.

Romans 7:12 (KJV)

Wherefore the law is holy, and the commandment holy, and just, and good.

Romans 7:14 (KJV)

¶ For we know that the law is spiritual: but I am carnal, sold under sin.

Notice something important.

Paul says

The Law is spiritual.

Many people think Romans 8 replaces the Law.

Paul says in Romans 7 that

the Law itself is spiritual.

Step 4 — What frees us?

Not abolishing God's Law.

The Holy Spirit.

Ezekiel 36:26–27 (KJV)

26 A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.

27 And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.

What does the Spirit do?

It causes obedience.

Not disobedience.

Jeremiah prophesied the same thing.

Jeremiah 31:33 (KJV)

I will put my law in their inward parts, and write it in their hearts...

Notice:

He does **not** say

"I will remove My Law."

He says

"I will write My Law inside you."

Step 5 — Romans 8 explains itself

Romans 8:3–4 (KJV)

3 For what the law could not do, in that it was weak through the flesh...

The Law was not weak.

Our flesh was.

Verse 4 explains why.

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

Notice carefully.

Paul does **not** say

The Law is abolished.

He says

The righteousness of the Law is fulfilled in us.

Step 6 — The Spirit produces obedience

Romans 8:7 (KJV)

Because the carnal mind is enmity against God:

for it is not subject to the law of God, neither indeed can be.

What does the flesh refuse to obey?

The Law of God.

Then look at verse 9.

Romans 8:9 (KJV)

But ye are not in the flesh, but in the Spirit...

The implication is clear.

The Spirit enables what the flesh cannot do.

Paul later confirms this

Romans 3:31 (KJV)

Do we then make void the law through faith? God forbid: yea, we establish the law.

Jesus taught the same thing

John 14:15–17 (KJV)

15 If ye love me, keep my commandments.

16 And I will pray the Father, and he shall give you another Comforter...

17 Even the Spirit of truth...

Notice the sequence.

Love Christ.

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Keep His commandments.



Receive the Spirit.

The Spirit and obedience are connected.

The New Covenant

Hebrews 8:10 (KJV)

I will put my laws into their mind, and write them in their hearts...

Again,

The Spirit does not erase God's Law.

The Spirit writes it on the heart.

Step 7 — Walking in the Spirit overcomes the flesh

Paul explains what it means to walk after the Spirit.

Galatians 5:16–18 (KJV)

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

18 But if ye be led of the Spirit, ye are not under the law.

Notice what Paul actually says.

He does **not** say:

"Walk in the Spirit, and you no longer need to obey God."

He says:

Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

The Spirit overcomes the flesh.

This is exactly what Romans 8 teaches.

Romans 8 says the flesh cannot submit to God's Law.

Galatians says the Spirit gives victory over the flesh.

The two passages explain one another.

What does the flesh produce?

Galatians 5:19–21 (KJV)

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like...

These are violations of God's commandments.

What does the Spirit produce?

Galatians 5:22–23 (KJV)

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

The Spirit produces the very character that God's Law requires.

Paul concludes

Galatians 5:24–25 (KJV)

24 And they that are Christ's have crucified the flesh with the affections and lusts.

25 If we live in the Spirit, let us also walk in the Spirit.

Notice the pattern:

- Flesh → sin.
 - Spirit → obedience.
 - The Spirit does not lead us away from righteousness; it leads us into righteous living.
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This harmonizes perfectly with Romans 8

Romans 8

Walk after the Spirit

Flesh cannot obey God's Law (Rom. 8:7)

Spirit fulfills the righteousness of the Law (Rom. 8:4)

Spirit sets us free from the law of sin and death

Galatians 5

Walk in the Spirit

Flesh lusts against the Spirit (Gal. 5:17)

Spirit produces the fruit of righteousness (Gal. 5:22–23)

Spirit keeps us from fulfilling the lusts of the flesh

Another excellent companion precept

Psalms 119:142 (KJV)

"Thy righteousness is an everlasting righteousness, and **thy law is the truth.**"

Then connect it with:

John 16:13 (KJV)

"Howbeit when he, **the Spirit of truth**, is come, he will guide you into all truth..."

The connection is powerful:

- **God's Law is truth** (Psalm 119:142).
- **The Holy Spirit is the Spirit of truth** (John 16:13).
- Therefore, the Holy Spirit does not lead believers away from God's truth but into it, harmonizing with Jeremiah 31:33, Ezekiel 36:27, and Romans 8:4.

Literal Definition

The law of the Spirit of life in Christ Jesus is the governing power of the Holy Spirit working in the believer, producing life and enabling obedience to God's Law, in contrast to the law of sin and death, which is the power of sin dwelling in the flesh that leads to death.

Paul's contrast is **not** between the Holy Spirit and the Law of God. Rather, it is between:

Law of the Spirit of Life	Law of Sin and Death
Produces life	Produces death
Operates through the Holy Spirit	Operates through the sinful flesh
Enables obedience	Produces disobedience
Fulfills the righteousness of the Law (Romans 8:4)	Rebels against the Law of God (Romans 8:7)

The flow of Romans 7 and 8 is therefore:

- **The Law of God is holy, just, good, and spiritual** (Romans 7:12, 14).
- **The problem is sin dwelling in the flesh** (Romans 7:17, 23).
- **The Holy Spirit sets believers free from the dominion of sin**, enabling them to walk according to God's will.
- As a result, **"the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit"** (Romans 8:4). This harmonizes with the New Covenant promises in Jeremiah 31:33 and Ezekiel 36:26–27, where YAH writes His law on the heart and causes His people to walk in His statutes.