## **Romans:8 12-13** (ESV)

**12** So then, brothers, we are debtors, not to the flesh, to live according to the

flesh.

**13** For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

## Application:

Resisting the will of the flesh allows us to operate in the spirit.