

8 **T**hen the LORD said to Moses, “Go in to Pharaoh and say
 2 to him, ‘Thus says the LORD, “Let my people go, that they
 3 may serve me. But if you refuse to let them go, behold, I will
 plague all your country with frogs. The Nile shall swarm
 with frogs that shall come up into your house and into your bedroom
 and on your bed and into the houses of your servants and your people,
 4 and into your ovens and your kneading bowls. The frogs shall come up
 5 on you and on your people and on all your servants.’” And the LORD
 said to Moses, “Say to Aaron, ‘Stretch out your hand with your staff
 over the rivers, over the canals and over the pools, and make frogs
 6 come up on the land of Egypt!’” So Aaron stretched out his hand over
 the waters of Egypt, and the frogs came up and covered the land of
 7 Egypt. But the magicians did the same by their secret arts and made
 frogs come up on the land of Egypt.


8 Then Pharaoh called Moses and Aaron and said, “Plead with the
 LORD to take away the frogs from me and from my people, and I will
 9 let the people go to sacrifice to the LORD.” Moses said to Pharaoh,
 “Be pleased to command me when I am to plead for you and for your
 servants and for your people, that the frogs be cut off from you and
 10 your houses and be left only in the Nile.” And he said, “Tomorrow.”
 Moses said, “Be it as you say, so that you may know that there is no
 11 one like the LORD our God. The frogs shall go away from you and your
 houses and your servants and your people. They shall be left only in
 12 the Nile.” So Moses and Aaron went out from Pharaoh, and Moses
 cried to the LORD about the frogs, as he had agreed with Pharaoh.
 13 And the LORD did according to the word of Moses. The frogs died out
 14 in the houses, the courtyards, and the fields. And they gathered them
 15 together in heaps, and the land stank. But when Pharaoh saw that there
 was a respite, he hardened his heart and would not listen to them, as
 the LORD had said.

16 Then the LORD said to Moses, “Say to Aaron, ‘Stretch out your staff
 and strike the dust of the earth, so that it may become gnats in all the
 17 land of Egypt.’” And they did so. Aaron stretched out his hand with his
 staff and struck the dust of the earth, and there were gnats on man and
 beast. All the dust of the earth became gnats in all the land of Egypt.
 18 The magicians tried by their secret arts to produce gnats, but they
 19 could not. So there were gnats on man and beast. Then the magicians
 said to Pharaoh, “This is the finger of God.” But Pharaoh’s heart was
 hardened, and he would not listen to them, as the LORD had said.

20 Then the LORD said to Moses, “Rise up early in the morning and
 present yourself to Pharaoh, as he goes out to the water, and say to
 him, “Thus says the LORD, “Let my people go, that they may serve me.
 21 Or else, if you will not let my people go, behold, I will send swarms of
 flies on you and your servants and your people, and into your houses.
 And the houses of the Egyptians shall be filled with swarms of flies,

22 and also the ground on which they stand. But on that day I will set
 apart the land of Goshen, where my people dwell, so that no swarms
 of flies shall be there, that you may know that I am the LORD in the
 23 midst of the earth. Thus I will put a division between my people and
 your people. Tomorrow this sign shall happen.””” And the LORD did
 24 so. There came great swarms of flies into the house of Pharaoh and
 into his servants’ houses. Throughout all the land of Egypt the land
 was ruined by the swarms of flies.

25 Then Pharaoh called Moses and Aaron and said, “Go, sacrifice to
 26 your God within the land.” But Moses said, “It would not be right to
 do so, for the offerings we shall sacrifice to the LORD our God are an
 abomination to the Egyptians. If we sacrifice offerings abominable to
 27 the Egyptians before their eyes, will they not stone us? We must go
 three days’ journey into the wilderness and sacrifice to the LORD our
 28 God as he tells us.” So Pharaoh said, “I will let you go to sacrifice to
 the LORD your God in the wilderness; only you must not go very far
 29 away. Plead for me.” Then Moses said, “Behold, I am going out from
 you and I will plead with the LORD that the swarms of flies may depart
 from Pharaoh, from his servants, and from his people, tomorrow. Only
 let not Pharaoh cheat again by not letting the people go to sacrifice
 30 to the LORD.” So Moses went out from Pharaoh and prayed to the
 31 LORD. And the LORD did as Moses asked, and removed the swarms
 of flies from Pharaoh, from his servants, and from his people; not one
 32 remained. But Pharaoh hardened his heart this time also, and did not
 let the people go.

9  hen the LORD said to Moses, “Go in to Pharaoh and say to
 him, ‘Thus says the LORD, the God of the Hebrews, “Let
 2 my people go, that they may serve me. For if you refuse
 3 to let them go and still hold them, behold, the hand of the
 LORD will fall with a very severe plague upon your livestock that are
 in the field, the horses, the donkeys, the camels, the herds, and the
 4 flocks. But the LORD will make a distinction between the livestock of
 Israel and the livestock of Egypt, so that nothing of all that belongs
 5 to the people of Israel shall die.””” And the LORD set a time, saying,
 6 “Tomorrow the LORD will do this thing in the land.” And the next day
 the LORD did this thing. All the livestock of the Egyptians died, but
 7 not one of the livestock of the people of Israel died. And Pharaoh sent,
 and behold, not one of the livestock of Israel was dead. But the heart
 of Pharaoh was hardened, and he did not let the people go.

8 And the LORD said to Moses and Aaron, “Take handfuls of soot from
 the kiln, and let Moses throw them in the air in the sight of Pharaoh.
 9 It shall become fine dust over all the land of Egypt, and become boils
 breaking out in sores on man and beast throughout all the land of
 10 Egypt.” So they took soot from the kiln and stood before Pharaoh.

11 And Moses threw it in the air, and it became boils breaking out in sores
 12 on man and beast. And the magicians could not stand before Moses
 13 because of the boils, for the boils came upon the magicians and upon
 14 all the Egyptians. But the LORD hardened the heart of Pharaoh, and
 15 he did not listen to them, as the LORD had spoken to Moses.

16 Then the LORD said to Moses, “Rise up early in the morning and
 17 present yourself before Pharaoh and say to him, “Thus says the LORD,
 18 the God of the Hebrews, “Let my people go, that they may serve me.
 19 For this time I will send all my plagues on you yourself, and on your
 20 servants and your people, so that you may know that there is none like
 21 me in all the earth. For by now I could have put out my hand and struck
 22 you and your people with pestilence, and you would have been cut off
 23 from the earth. But for this purpose I have raised you up, to show you
 24 my power, so that my name may be proclaimed in all the earth. You
 25 are still exalting yourself against my people and will not let them go.
 26 Behold, about this time tomorrow I will cause very heavy hail to fall,
 27 such as never has been in Egypt from the day it was founded until now.
 28 Now therefore send, get your livestock and all that you have in the field
 29 into safe shelter, for every man and beast that is in the field and is not
 30 brought home will die when the hail falls on them.””” Then whoever
 31 feared the word of the LORD among the servants of Pharaoh hurried
 his slaves and his livestock into the houses, but whoever did not pay
 attention to the word of the LORD left his slaves and his livestock in
 the field.

11 Then the LORD said to Moses, “Stretch out your hand toward heav-
 12 en, so that there may be hail in all the land of Egypt, on man and
 13 beast and every plant of the field, in the land of Egypt.” Then Moses
 14 stretched out his staff toward heaven, and the LORD sent thunder and
 15 hail, and fire ran down to the earth. And the LORD rained hail upon
 16 the land of Egypt. There was hail and fire flashing continually in the
 17 midst of the hail, very heavy hail, such as had never been in all the land
 18 of Egypt since it became a nation. The hail struck down everything
 19 that was in the field in all the land of Egypt, both man and beast. And
 20 the hail struck down every plant of the field and broke every tree of
 21 the field. Only in the land of Goshen, where the people of Israel were,
 22 was there no hail.

11 Then Pharaoh sent and called Moses and Aaron and said to them,
 12 “This time I have sinned; the LORD is in the right, and I and my people
 13 are in the wrong. Plead with the LORD, for there has been enough of
 14 God’s thunder and hail. I will let you go, and you shall stay no longer.”
 15 Moses said to him, “As soon as I have gone out of the city, I will stretch
 16 out my hands to the LORD. The thunder will cease, and there will be
 17 no more hail, so that you may know that the earth is the LORD’s. But
 18 as for you and your servants, I know that you do not yet fear the LORD
 19 God.” (The flax and the barley were struck down, for the barley was

32 in the ear and the flax was in bud. But the wheat and the emmer were
 33 not struck down, for they are late in coming up.) So Moses went out
 of the city from Pharaoh and stretched out his hands to the LORD, and
 the thunder and the hail ceased, and the rain no longer poured upon
 34 the earth. But when Pharaoh saw that the rain and the hail and the
 thunder had ceased, he sinned yet again and hardened his heart, he
 35 and his servants. So the heart of Pharaoh was hardened, and he did not
 let the people of Israel go, just as the LORD had spoken through Moses.

10 **W**hen the LORD said to Moses, “Go in to Pharaoh, for I have
 2 hardened his heart and the heart of his servants, that I may
 show these signs of mine among them, and that you may
 tell in the hearing of your son and of your grandson how
 I have dealt harshly with the Egyptians and what signs I have done
 among them, that you may know that I am the LORD.”

3 So Moses and Aaron went in to Pharaoh and said to him, “Thus says
 the LORD, the God of the Hebrews, ‘How long will you refuse to hum-
 4 ble yourself before me? Let my people go, that they may serve me. For
 if you refuse to let my people go, behold, tomorrow I will bring locusts
 5 into your country, and they shall cover the face of the land, so that no
 one can see the land. And they shall eat what is left to you after the
 6 hail, and they shall eat every tree of yours that grows in the field, and
 they shall fill your houses and the houses of all your servants and of
 all the Egyptians, as neither your fathers nor your grandfathers have
 seen, from the day they came on earth to this day.’” Then he turned
 and went out from Pharaoh.

7 Then Pharaoh’s servants said to him, “How long shall this man be a
 snare to us? Let the men go, that they may serve the LORD their God.
 8 Do you not yet understand that Egypt is ruined?” So Moses and Aaron
 were brought back to Pharaoh. And he said to them, “Go, serve the
 9 LORD your God. But which ones are to go?” Moses said, “We will go
 with our young and our old. We will go with our sons and daughters
 and with our flocks and herds, for we must hold a feast to the LORD.”
 10 But he said to them, “The LORD be with you, if ever I let you and your
 11 little ones go! Look, you have some evil purpose in mind. No! Go, the
 men among you, and serve the LORD, for that is what you are asking.”
 And they were driven out from Pharaoh’s presence.

12 Then the LORD said to Moses, “Stretch out your hand over the land
 of Egypt for the locusts, so that they may come upon the land of Egypt
 13 and eat every plant in the land, all that the hail has left.” So Moses
 stretched out his staff over the land of Egypt, and the LORD brought
 an east wind upon the land all that day and all that night. When it was
 14 morning, the east wind had brought the locusts. The locusts came up
 over all the land of Egypt and settled on the whole country of Egypt,
 such a dense swarm of locusts as had never been before, nor ever will

PSALMS 90–91

- 10 The years of our life are seventy,
or even by reason of strength eighty;
yet their span is but toil and trouble;
they are soon gone, and we fly away.
- 11 Who considers the power of your anger,
and your wrath according to the fear of you?
- 12 So teach us to number our days
that we may get a heart of wisdom.
- 13 Return, O LORD! How long?
Have pity on your servants!
- 14 Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days.
- 15 Make us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.
- 16 Let your work be shown to your servants,
and your glorious power to their children.
- 17 Let the favor of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!

91



e who dwells in the shelter of the
Most High
will abide in the shadow of the Almighty.

- 2 I will say to the LORD, “My refuge and my fortress,
my God, in whom I trust.”
- 3 For he will deliver you from the snare of the fowler
and from the deadly pestilence.
- 4 He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
- 5 You will not fear the terror of the night,
nor the arrow that flies by day,
6 nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
- 7 A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- 8 You will only look with your eyes
and see the recompense of the wicked.
- 9 Because you have made the LORD your dwelling place—
the Most High, who is my refuge—

10 no evil shall be allowed to befall you,
no plague come near your tent.

11 For he will command his angels concerning you
to guard you in all your ways.

12 On their hands they will bear you up,
lest you strike your foot against a stone.


13 You will tread on the lion and the adder;
the young lion and the serpent
you will trample underfoot.

14 “Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.

15 When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.

16 With long life I will satisfy him
and show him my salvation.”

A Psalm. A Song for the Sabbath.

92  t is good to give thanks to the LORD,
to sing praises to your name, O Most High;
2 to declare your steadfast love in the morning,
and your faithfulness by night,
3 to the music of the lute and the harp,
to the melody of the lyre.
4 For you, O LORD, have made me glad by your work;
at the works of your hands I sing for joy.

5 How great are your works, O LORD!

Your thoughts are very deep!

6 The stupid man cannot know;
the fool cannot understand this:

7 that though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever;

8 but you, O LORD, are on high forever.


9 For behold, your enemies, O LORD,
for behold, your enemies shall perish;
all evildoers shall be scattered.


10 But you have exalted my horn like that of the wild ox;
you have poured over me fresh oil.

11 My eyes have seen the downfall of my enemies;
my ears have heard the doom of my evil assailants.

PSALMS 92-94

12 The righteous flourish like the palm tree
and grow like a cedar in Lebanon.
13 They are planted in the house of the LORD;
they flourish in the courts of our God.
14 They still bear fruit in old age;
they are ever full of sap and green,
15 to declare that the LORD is upright;
he is my rock, and there is no
unrighteousness in him.

93  he LORD reigns; he is robed in
majesty;
the LORD is robed; he has put on strength as his belt.
Yes, the world is established; it shall never be moved.
2 Your throne is established from of old;
you are from everlasting.
3 The floods have lifted up, O LORD,
the floods have lifted up their voice;
the floods lift up their roaring.
4 Mightier than the thunders of many waters,
mightier than the waves of the sea,
the LORD on high is mighty!
5 Your decrees are very trustworthy;
holiness befits your house,
O LORD, forevermore.

94  LORD, God of vengeance,
O God of vengeance, shine forth!
2 Rise up, O judge of the earth;
repay to the proud what they deserve!
3 O LORD, how long shall the wicked,
how long shall the wicked exult?
4 They pour out their arrogant words;
all the evildoers boast.
5 They crush your people, O LORD,
and afflict your heritage.
6 They kill the widow and the sojourner,
and murder the fatherless;
7 and they say, "The LORD does not see;
the God of Jacob does not perceive."
8 Understand, O dullest of the people!
Fools, when will you be wise?

you waste places of Jerusalem,
for the LORD has comforted his people;
he has redeemed Jerusalem.

10 The LORD has bared his holy arm
before the eyes of all the nations,
and all the ends of the earth shall see
the salvation of our God.


11 Depart, depart, go out from there;
touch no unclean thing;
go out from the midst of her; purify yourselves,
you who bear the vessels of the LORD.

12 For you shall not go out in haste,
and you shall not go in flight,
for the LORD will go before you,
and the God of Israel will be your rear guard.

13 Behold, my servant shall act wisely;
he shall be high and lifted up,
and shall be exalted.

14 As many were astonished at you—
his appearance was so marred, beyond human semblance,
and his form beyond that of the children of mankind—
15 so shall he sprinkle many nations.

Kings shall shut their mouths because of him,
for that which has not been told them they see,
and that which they have not heard they understand.

53  ho has believed what he has heard
from us?

And to whom has the arm of the LORD been revealed?

2 For he grew up before him like a young plant,
and like a root out of dry ground;
he had no form or majesty that we should look at him,
and no beauty that we should desire him.

3 He was despised and rejected by men,
a man of sorrows and acquainted with grief;
and as one from whom men hide their faces
he was despised, and we esteemed him not.

4 Surely he has borne our griefs
and carried our sorrows;
yet we esteemed him stricken,
smitten by God, and afflicted.

5 But he was pierced for our transgressions;
he was crushed for our iniquities;

upon him was the chastisement that brought us peace,
and with his wounds we are healed.

6 All we like sheep have gone astray;
we have turned—every one—to his own way;
and the LORD has laid on him
the iniquity of us all.

7 He was oppressed, and he was afflicted,
yet he opened not his mouth;
like a lamb that is led to the slaughter,
and like a sheep that before its shearers is silent,
so he opened not his mouth.


8 By oppression and judgment he was taken away;
and as for his generation, who considered
that he was cut off out of the land of the living,
stricken for the transgression of my people?

9 And they made his grave with the wicked
and with a rich man in his death,
although he had done no violence,
and there was no deceit in his mouth.

10 Yet it was the will of the LORD to crush him;
he has put him to grief;
when his soul makes an offering for guilt,
he shall see his offspring; he shall prolong his days;
the will of the LORD shall prosper in his hand.

11 Out of the anguish of his soul
he shall see and be satisfied;
by his knowledge shall the righteous one, my servant,
make many to be accounted righteous,
and he shall bear their iniquities.

12 Therefore I will divide him a portion with the many,
and he shall divide the spoil with the strong,
because he poured out his soul to death
and was numbered with the transgressors;
yet he bore the sin of many,
and makes intercession for the transgressors.

54 “ing, O barren one, who did not bear;
break forth into singing and cry aloud,
you who have not been in labor!
For the children of the desolate one will be more
than the children of her who is married,” says the LORD.

2 “Enlarge the place of your tent,
and let the curtains of your habitations be stretched out;

do not hold back; lengthen your cords
and strengthen your stakes.

3 For you will spread abroad to the right and to the left,
and your offspring will possess the nations
and will people the desolate cities.

4 “Fear not, for you will not be ashamed;
be not confounded, for you will not be disgraced;
for you will forget the shame of your youth,
and the reproach of your widowhood you
will remember no more.

5 For your Maker is your husband,
the LORD of hosts is his name;
and the Holy One of Israel is your Redeemer,
the God of the whole earth he is called.

6 For the LORD has called you
like a wife deserted and grieved in spirit,
like a wife of youth when she is cast off,
says your God.

7 For a brief moment I deserted you,
but with great compassion I will gather you.

8 In overflowing anger for a moment
I hid my face from you,
but with everlasting love I will have compassion on you,”
says the LORD, your Redeemer.

9 “This is like the days of Noah to me:
as I swore that the waters of Noah
should no more go over the earth,
so I have sworn that I will not be angry with you,
and will not rebuke you.

10 For the mountains may depart
and the hills be removed,
but my steadfast love shall not depart from you,
and my covenant of peace shall not be removed,”
says the LORD, who has compassion on you.

11 “O afflicted one, storm-tossed and not comforted,
behold, I will set your stones in antimony,
and lay your foundations with sapphires.

12 I will make your pinnacles of agate,
your gates of carbuncles,
and all your wall of precious stones.

13 All your children shall be taught by the LORD,
and great shall be the peace of your children.

might reign through righteousness leading to eternal life through Jesus Christ our Lord.

6 **W**hat shall we say then? Are we to continue in sin that grace
 2 may abound? By no means! How can we who died to sin
 3 still live in it? Do you not know that all of us who have been
 4 baptized into Christ Jesus were baptized into his death? We
 were buried therefore with him by baptism into death, in order that,
 just as Christ was raised from the dead by the glory of the Father, we
 too might walk in newness of life.

5 For if we have been united with him in a death like his, we shall
 6 certainly be united with him in a resurrection like his. We know that
 our old self was crucified with him in order that the body of sin might
 be brought to nothing, so that we would no longer be enslaved to sin.
 7,8 For one who has died has been set free from sin. Now if we have died
 9 with Christ, we believe that we will also live with him. We know that
 Christ, being raised from the dead, will never die again; death no longer
 10 has dominion over him. For the death he died he died to sin, once
 11 for all, but the life he lives he lives to God. So you also must consider
 yourselves dead to sin and alive to God in Christ Jesus.


12 Let not sin therefore reign in your mortal body, to make you obey its
 13 passions. Do not present your members to sin as instruments for un-
 righteousness, but present yourselves to God as those who have been
 brought from death to life, and your members to God as instruments
 14 for righteousness. For sin will have no dominion over you, since you
 are not under law but under grace.

15 What then? Are we to sin because we are not under law but under
 16 grace? By no means! Do you not know that if you present yourselves to
 anyone as obedient slaves, you are slaves of the one whom you obey,
 either of sin, which leads to death, or of obedience, which leads to
 17 righteousness? But thanks be to God, that you who were once slaves
 of sin have become obedient from the heart to the standard of teach-
 18 ing to which you were committed, and, having been set free from sin,
 19 have become slaves of righteousness. I am speaking in human terms,
 because of your natural limitations. For just as you once presented
 your members as slaves to impurity and to lawlessness leading to more
 lawlessness, so now present your members as slaves to righteousness
 leading to sanctification.

20 For when you were slaves of sin, you were free in regard to righteous-
 21 ness. But what fruit were you getting at that time from the things of
 22 which you are now ashamed? For the end of those things is death. But
 now that you have been set free from sin and have become slaves of
 God, the fruit you get leads to sanctification and its end, eternal life.
 23 For the wages of sin is death, but the free gift of God is eternal life in
 Christ Jesus our Lord.

ROMANS 7

The Law and Sin

7  do you not know, brothers—for I am speaking to those who
 2 know the law—that the law is binding on a person only as
 3 long as he lives? For a married woman is bound by law to
 4 her husband while he lives, but if her husband dies she is
 5 released from the law of marriage. Accordingly, she will be called an
 6 adulteress if she lives with another man while her husband is alive.
 7 But if her husband dies, she is free from that law, and if she marries
 8 another man she is not an adulteress.

9 Likewise, my brothers, you also have died to the law through the
 10 body of Christ, so that you may belong to another, to him who has been
 11 raised from the dead, in order that we may bear fruit for God. For while
 12 we were living in the flesh, our sinful passions, aroused by the law, were
 13 at work in our members to bear fruit for death. But now we are released
 14 from the law, having died to that which held us captive, so that we serve
 15 in the new way of the Spirit and not in the old way of the written code.

16 What then shall we say? That the law is sin? By no means! Yet if it had
 17 not been for the law, I would not have known sin. For I would not have
 18 known what it is to covet if the law had not said, “You shall not covet.”
 19 But sin, seizing an opportunity through the commandment, produced
 20 in me all kinds of covetousness. For apart from the law, sin lies dead. I
 21 was once alive apart from the law, but when the commandment came,
 22 sin came alive and I died. The very commandment that promised life
 23 proved to be death to me. For sin, seizing an opportunity through the
 24 commandment, deceived me and through it killed me. So the law is
 25 holy, and the commandment is holy and righteous and good.

26 Did that which is good, then, bring death to me? By no means! It
 27 was sin, producing death in me through what is good, in order that
 28 sin might be shown to be sin, and through the commandment might
 29 become sinful beyond measure. For we know that the law is spiritual,
 30 but I am of the flesh, sold under sin. For I do not understand my own
 31 actions. For I do not do what I want, but I do the very thing I hate.
 32 Now if I do what I do not want, I agree with the law, that it is good.
 33 So now it is no longer I who do it, but sin that dwells within me. For I
 34 know that nothing good dwells in me, that is, in my flesh. For I have
 35 the desire to do what is right, but not the ability to carry it out. For I
 36 do not do the good I want, but the evil I do not want is what I keep on
 37 doing. Now if I do what I do not want, it is no longer I who do it, but
 38 sin that dwells within me.

39 So I find it to be a law that when I want to do right, evil lies close
 40 at hand. For I delight in the law of God, in my inner being, but I see
 41 in my members another law waging war against the law of my mind
 42 and making me captive to the law of sin that dwells in my members.
 43 Wretched man that I am! Who will deliver me from this body of death?
 44 Thanks be to God through Jesus Christ our Lord! So then, I myself serve
 45 the law of God with my mind, but with my flesh I serve the law of sin.

8 **T**here is therefore now no condemnation for those who are
 2 in Christ Jesus. For the law of the Spirit of life has set you
 3 free in Christ Jesus from the law of sin and death. For God
 has done what the law, weakened by the flesh, could not do.
 4 By sending his own Son in the likeness of sinful flesh and for sin, he
 5 condemned sin in the flesh, in order that the righteous requirement
 6 of the law might be fulfilled in us, who walk not according to the flesh
 7 but according to the Spirit. For those who live according to the flesh
 8 set their minds on the things of the flesh, but those who live according
 9 to the Spirit set their minds on the things of the Spirit. For to set the
 10 mind on the flesh is death, but to set the mind on the Spirit is life and
 11 peace. For the mind that is set on the flesh is hostile to God, for it does
 12 not submit to God's law; indeed, it cannot. Those who are in the flesh
 cannot please God.

9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit
 of God dwells in you. Anyone who does not have the Spirit of Christ
 10 does not belong to him. But if Christ is in you, although the body is
 11 dead because of sin, the Spirit is life because of righteousness. If the
 Spirit of him who raised Jesus from the dead dwells in you, he who
 raised Christ Jesus from the dead will also give life to your mortal
 bodies through his Spirit who dwells in you.

12 So then, brothers, we are debtors, not to the flesh, to live according to
 13 the flesh. For if you live according to the flesh you will die, but if by the
 14 Spirit you put to death the deeds of the body, you will live. For all who
 15 are led by the Spirit of God are sons of God. For you did not receive the
 spirit of slavery to fall back into fear, but you have received the Spirit of
 16 adoption as sons, by whom we cry, "Abba! Father!" The Spirit himself
 17 bears witness with our spirit that we are children of God, and if chil-
 dren, then heirs—heirs of God and fellow heirs with Christ, provided
 we suffer with him in order that we may also be glorified with him.

18 For I consider that the sufferings of this present time are not worth
 19 comparing with the glory that is to be revealed to us. For the creation
 20 waits with eager longing for the revealing of the sons of God. For the
 creation was subjected to futility, not willingly, but because of him
 21 who subjected it, in hope that the creation itself will be set free from its
 bondage to corruption and obtain the freedom of the glory of the chil-
 22 dren of God. For we know that the whole creation has been groaning
 23 together in the pains of childbirth until now. And not only the creation,
 but we ourselves, who have the firstfruits of the Spirit, groan inwardly
 as we wait eagerly for adoption as sons, the redemption of our bodies.
 24 For in this hope we were saved. Now hope that is seen is not hope. For
 25 who hopes for what he sees? But if we hope for what we do not see, we
 wait for it with patience.

26 Likewise the Spirit helps us in our weakness. For we do not know
 what to pray for as we ought, but the Spirit himself intercedes for