wrought in us all manner of concupiscence. But we are not in the flesh, but in the Spirit, if so be that the Spirit of Christ dwells in us. We are delivered from the law, having died in that in which we were held. Our whole condition is changed. What the law could not do just because it was weak through the flesh, God sending His own Son in the likeness of sinful flesh, and for sin, has condemned sin in the flesh.

But if the flesh be not changed, how is this realized in practice? . It is this which is taught us here. It is first the giving conscious nothingness and weakness in the flesh. This is not power, but it is the practical way to it. We are entitled, as to our standing before God, to reckon ourselves dead unto sin and alive unto God through Jesus Christ our Lord, and in practice to hold ourselves, as in this condition, not debtors to the flesh to live after the flesh; and sin shall not have dominion over us, for we are not under law, but under grace. But our chapter goes farther than this: it shows us power so to walk. The flesh is then practically put down. The measure, as stated by the apostle, is this -" Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus may be manifested in our body." His object was not to gain this life. Alive in Christ we have it. But he held every movement, thought, and will of the flesh under the judgment of the cross, and so the life of Christ was left free.