

## **The “Old Man” is overthrown....Romans 8:2**

By Ann Windsor

*Father,*

*I pray for each person who is giving their time to examine Your Word - Your powerful Word here in Romans 8:2. Enlighten the eyes of their inward man to clearly see the mighty work that you have worked in them through the ‘overthrow of the old man’ and the creation of the ‘new man’ in Christ. Let the Sword of Your Spirit, the Word of God do its marvelous work in each heart and mind and bring them into an understanding of the glorious liberty that you have given them, in Jesus’ Name,*

*Amen*



There are many who teach that the believer still has a sinful ‘nature’.  
Another phrase for it is: the ‘old man’.

Two key portions of Scripture used to make their point is:

Romans 7:15&17(paraphrased): “I don’t do what I want to do and I do what I don’t want to do. It is no longer I that do it but ‘Sin’ that dwells in me”.

Matthew 15:19: “For out of the heart come evil thoughts, etc.”

These verses describe the **‘old man’** and life under his rule.

If you have been influenced by this teaching, I want you to REALLY take a good look at Romans 8:2 and think through what is being said here:

**“The Law of the Spirit of Life in Christ Jesus  
HAS SET ME FREE  
from the law of sin and death.”**

The Law of the Spirit of Life in Christ Jesus relates to the 'new man'.  
The law of sin and death relates to the 'old man'.

The 'length, breadth, depth and height' of the truth stated in the above verse is so expansive that it covers Redemptive history from the Fall to the Resurrection.

### **In a Born Again Christian The 'Old-Man' Is Overthrown**

The 'old man' was the first **Adam living in you**...what he became after sinning.

Romans 5:12: "By one man (Adam) sin came into the world and death by sin, and so death passed upon every man.

Spiritual Death ruled you....as a master over a slave.

**Another Adam** gave you an option. You no longer had to be 'death doomed'. You had a choice: "The Spirit of Life in Christ".

The 'new man' is the **Second Adam living in you!**

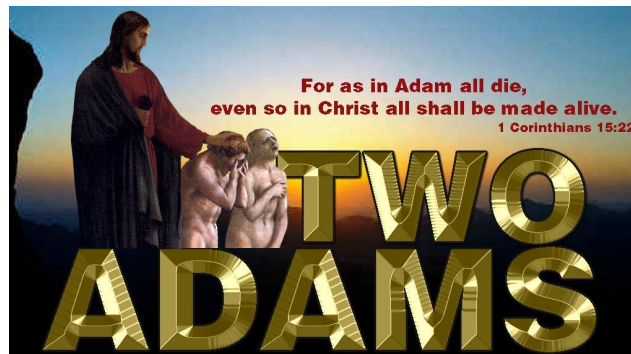
### **The TWO ADAMS:**

1 Corinthians 15:45: "the first man Adam was made a living soul; the last Adam was made a quickening (Life-giving) spirit."

1 Corinthians 15:47: "the first man is of the earth, earthy; the second man is the Lord from heaven.

1 Corinthians 15:42: "as in Adam all die, so in Christ shall all be made alive."

Through the Gospel, you were given the opportunity to **escape** the 'sin and death' received from the first Adam, and **receive** and "Spirit of Life in Christ", the Second Adam.



You CHOSE Life when you acknowledged yourself as a sinner in need of a Savior. You may not have realized all you received because of the choice you made. You were just interested in being forgiven of your sins and going to Heaven when you die.

You got so much more. You got the 'Spirit of Life in Christ Jesus'!  
You received your freedom from slavery to the 'Old Man', Sin.

**Romans 8:2 is the description of the "Sword" that severed your union with spiritual death.**

Can you stop and picture that in your mind right now? The Holy Spirit, God's Swift Sword, separating you from the 'old man' who ruled in you? You became a child of light, a child of the day, a new creation in Christ, translated out of the kingdom of darkness, where the 'Old Man of Sin' ruled you, and He transported you into the Kingdom of God's dear Son, where Life rules.



The Spirit of Life in Christ Jesus thoroughly separated you **from** Spiritual Death (the sinful nature), which operated in you like a '**fixed law**'. You were separated **unto** the Spirit of Life in Christ, which now operates in the New You as a '**fixed law**'.



**Let's stop and define 'you' here.**

By 'you' I am referring to you the spirit, not your soul or your body.

Yes, your soul and body can still be tempted and feel the pull of the law of sin and death, but because you the spirit have been 'cleaved asunder' from the Sinful Nature which ruled you the spirit, IN REALITY you the spirit ARE thoroughly separated from it and no longer subject to its rule over you like a law.

You ARE A SPIRIT.

You the spirit, POSSESS a soul (mind, will, emotions).

You the spirit, live/are housed in a physical body.

1 Thessalonians 5:23-24: "I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calls you who also will do it."

Here is a picture of you the spirit - before being born again. You see the 'old man' (the soul and body are pictured also):



Here you the spirit are **AFTER** the 'old man has been overthrown' and you the spirit have been born again. **Now** you are the 'new man' in Christ and Christ in you the spirit:



Or, how do you like this:



Please excuse my use of what appears to be a 'new age' man, but as of yet I haven't found a picture by a Christian that truly illustrates the gloriousness of the New Creation in Christ.

2 Corinthians 5:17-18

"If any man be in Christ, he is a new creation, old things (the old moral and spiritual condition - Amplified) has passed away (the old man), behold all things are become new, and all things (in the new man) are of God who has reconciled us unto Himself.



**Looking again at the Laws:**

Adam established sin and death as the 'fixed' spiritual law in this world. It took another Adam, Christ, to establish another 'fixed' law - Life.

This 'Life' is: "Eternal Life", the Nature which God Himself has.

THAT LIFE **SEPARATED** you the spirit **FROM** the 'old man' WHICH **MADE**  
**YOU SIN,**  
AND **SEPARATED** you the spirit **UNTO** **UNION WITH THE FATHER,**  
making you a new man; "a new species that never existed before"!

**2 Corinthians 5:17**

Aramaic Bible in Plain English

All that is in The Messiah is therefore The New Creation; **the old order has passed away** to such.

New Living Translation

This means that anyone who belongs to Christ has become a new person. The **old life** is gone; a **new life** has begun!

Weymouth New Testament

So that if anyone is in Christ, he is a new creature: **the old state of things** has passed away; a new state of things has come into existence.

This **Life, 'Zoe'**, is the Life which God has in Himself, that He gave to His Only-Begotten Son to have in Himself and which the Son gives to those who believe on Him.



YOU the spirit, were 'separated' from the 'sin-ruled old man'.



You the spirit became the new creation in Christ by receiving the God-kind of Life. Just as you received physical life through your first birth, you received the God-kind of Life through your second birth. This is the 'being born again' that Jesus spoke of in **John 3:3**: "Except a man be born again, he cannot see the Kingdom of Heaven".

Vine's Dictionary definition of Life/Zoe - Eternal life:  
Zoe, Strong's Greek #2222 (Pronounced: 'zo-ay')

1. Life as a principle, life in the absolute sense, life as God has it, that which the Father has in Himself, and which He gave to the Incarnate Son to have in Himself, and which the Son manifested in the world, 1 John 1:2.

2. From this life man has become alienated as a consequence of the Fall, Ephesians 4:18, and of this life men become partakers through faith in the Lord Jesus Christ, John 3:15, who becomes its Author to all such as trust in Him, Acts 3:15, and who is therefore said to be 'the life' of the believer, Colossians 3:4, for the life that He gives He maintains, John 6:35,63.

3. Eternal life is the present actual possession of the believer because of his relationship with Christ, John 5:24; 1 John 3:14, and it will one day extend its domain to the sphere of the body in resurrection from the dead. This is assured by the Resurrection of Christ, 2 Corinthians 5:4; 2 Timothy 1:10.

4. This life is not merely a principle of power and mobility, however, for it has moral associations which are inseparable from it, such as holiness and righteousness.

I wanted to include these definitions to stir in you the sense of THE REAL CHANGE INSIDE OF YOU. Eternal Life is God's Nature, His Character and His Power. He gave that Life to YOU the spirit as a free gift. That Life is so overwhelmingly LIFE that receiving It DROVE out the Sinful Nature, the 'old man'!!!



**THE 'STRONG MAN ARMED' WAS OVERPOWERED BY THE 'STRONGER THAN HE'; THE WEAKER PRINCIPLE IS DETHRONED AND EXPELLED BY THE MORE POWERFUL.'** (David Brown)

This 'Strong Man Armed' that you were helpless to free yourself from, was "overpowered by the stronger-than-he": Eternal Life.

The 'weaker principle' - the Sin Nature was DETHRONED! Expelled! Eradicated!

Jesus said: "I AM THE LIFE", John 14:6. The LIFE that Jesus IS: Eternal Life/Zoe. Receiving Jesus IS receiving Zoe!

Eternal Life:

"PREVAILED AGAINST AND brought into captivity" Spiritual Death....the strong man, the 'old man'.

As a Christian, an 'in-Christ' one, Life - God's Nature, is now the ruling force INSIDE of the REAL YOU.



You do not have to yield to the 'strong man armed'.  
He is not on the throne of your heart with authority to rule you now.

The 'old man' dethroned, has ceased to exist and you have been liberated from his nature and works.

Is there something troubling you that is NOT of the Kingdom of God's Dear Son into which you have been translated? You do not have to let it rule like a law in your life anymore.

**"The Old-Man" was overthrown!!!!**

**There is a 'New Boss' in town!!!!**

\*

### **A New Motivating Power:**

"The Law of the Spirit of Life in Christ Jesus" is a **new power opened up in you**. That **NEW POWER is now the Law** of your new being.



Therefore,  
if anyone  
is in  
*Christ,*  
the new  
*creation* has  
come: The  
*old* has  
gone, the  
*new* is here!  
2 Corinthians 5:17

Here is the way a few other versions state this verse, please read them slowly, I have specifically chosen them to show you the power that “overthrew the strong man”.

Romans 8:2 (various portions)

Arthur S. Way: “the law of the Spirit, which **breathes** a Life”

C.T. Wood: “spiritual life is found in union with Christ and has set them (you) free from the **sway** of sin and death.”

New Living: “the **power** of the **Life-giving** Spirit, (and this power is mine through Christ Jesus), has freed me from the vicious circle of sin and death.”

Hudson: “the **constraining power** of the **Spirit that brings life** has set me free.”



### **Summing up:**

One of these two natures indwells each person: Spiritual Life or Spiritual Death.

You the spirit HAD THE SINFUL NATURE, SPIRITUAL DEATH.... ‘the old man’.

Jesus **‘breathed’** into you the spirit by His Spirit and LIFE became the King enthroned on your heart.

With the inbreathing of Zoe/Eternal Life, you the spirit’ became a NEW MAN.

Now LIFE is YOUR DECISIVE **AUTHORITY**.

LIFE IS **THE LAW** IN YOUR NEW BEING,

LIFE IS **THE FORCE** that ‘motivates’ you the spirit now.

**Before** you were born again, you were used to living with Spiritual Death ruling you. **Now** it takes your looking *steadfastly* into the 'mirror' of God's 'perfect law of liberty' to get the 'picture' of the NEW Law of Life that has come into you, (2 Corinthians 3:18 & James 1:25).

Christian Standard Bible - 2 Corinthians 3:18

We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit.

Weymouth New Testament - James 1:25

But he who looks closely into the perfect Law--the Law of freedom--and continues looking, he, being not a hearer who forgets, but an obedient doer, will as the result of his obedience be blessed.

Getting a true revelation of the wonderful work God did IN YOU is necessary. If you keep looking into the 'old mirror' that reflected the 'old man' and his sinful nature, that 'old man' will seem like he still exists in you..

Jesus GAVE HIS LIFE to eradicate that 'old man' from you the spirit and stop his sinful rule over you.

Jesus STILL IS giving His Life for the New You at the Right Hand of His Father.

The New You is what He SHED HIS BLOOD FOR.

What He INTERCEDES FOR.

What He IS COMING BACK FOR.

Yield to this LIFE (ZOE) as the NEW RULER, as the GREAT NEW LAW governing you.

Did you ever think of 'taking up your cross' this way?

Seeing your 'old man' crucified on the Cross with Jesus?

Did you ever think of 'losing your life to find it' meant losing the 'old man' and finding the 'new man'?

Yield to this LIFE (ZOE) as your NEW MASTER, as the GREAT LAW of YOUR NEW BEING.



**Practical Application of this Reality: "The Old Man Is Overthrown"**

As you face ANY temptation, test or trial and you sense the 'old man' calling you back into bondage, say this to yourself:

*"I AM a spirit.  
I AM a new creation in Christ.  
Eternal Life IS MY NATURE.  
I only have ONE NATURE.  
I the spirit bring my soul and body into subjection to the NEW NATURE that indwells me the spirit.  
I face Satan and his tests, temptations and trials in the knowledge that his NATURE no longer enslaves me and therefore does not control me.  
I AM the Lord's FREE MAN.  
I the spirit was freed from the 'old man' when I the spirit was born again.  
Jesus' death and resurrection was for the purpose of overthrowing the 'old man' who enslaved me and causing me to be re-Fathered.  
I the spirit have a NEW FATHER.  
I have His Nature.  
As a child of the Heavenly Father, I no longer have the nature of the 'old father', Satan's nature.  
The darkness of the 'old father' no longer fills me.  
I THE SPIRIT AM NOW A CHILD OF LIGHT.  
The Spirit of Life in Christ has set me free from the law of sin and death!"*

**If you will say this or something similar in your own words when you face temptations, tests and trials, you will find your soul and body being impacted by the reminder that the 'old man' and his nature which brings death and defeat no longer have any part in you.**

**You will encourage yourself in the Lord, as David did.**

**You will sense that in your 'path is life and there is no death'.**

**The Victorious New You will rise!**

**Your steps will be ordered by the Lord.**

**You will walk in His ways.**

**You will be counseled by His Word.**

**You will be led by His Spirit and Nature that indwells you.**

That is the reason Jesus went to the Cross.

That is the reason that He 'overthrew' the 'old man' through your being born again.

**John 8:36**

Aramaic Bible in Plain English

"If The Son therefore will set you free, you will truly be the children of liberty."

GOD'S WORD® Translation

So if the Son sets you free, you will be absolutely free.

**Galatians 5:1a**

New Living Translation

So Christ has truly set us free. Now make sure that you stay free.....

English Standard Version

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Berean Study Bible

It is for freedom that Christ has set us free. Stand firm, then, and do not be encumbered once more by a yoke of slavery.

GOD'S WORD® Translation

Christ has freed us so that we may enjoy the benefits of freedom. Therefore, be firm [in this freedom], and don't become slaves again.

Young's Literal Translation

In the freedom, then, with which Christ did make you free -- stand ye, and be not held fast again by a yoke of servitude;



**The Law of the Spirit of Life in Christ Jesus  
HAS 'OVERTHROWN' the 'old man' in you the spirit who was ruled by  
the Law of Sin and Death.**

**Rejoice! Praise God! Thank Him! Keep looking in the 'mirror' and enjoy what you  
see! The New Man is yours!**



Watch for the follow up article/study:

**"The Dual Nature Theory"**

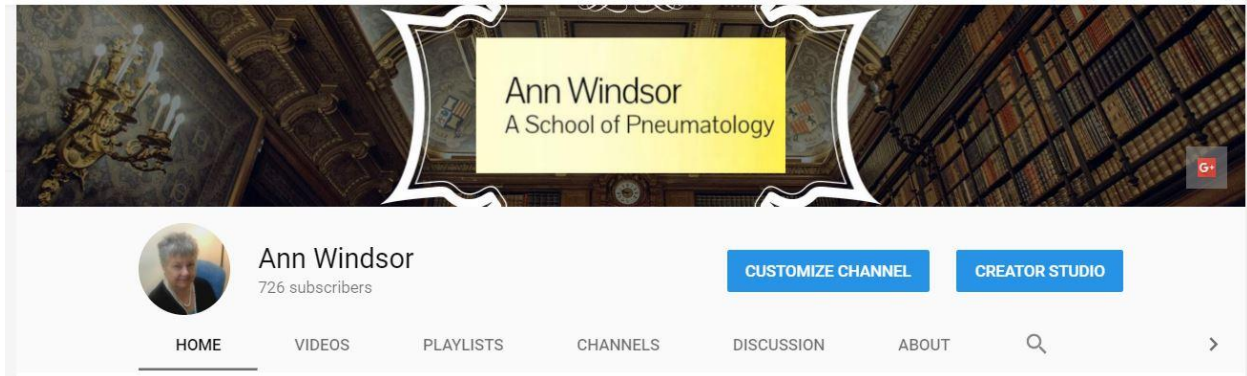
This is the idea that a Christian may have the nature of God inside, but they still have the sin nature in their flesh.

Really????



**Feel free to visit my various web sites:**

**Ann Windsor on Youtube:**



**Facebook pages I administer:**

John G. Lake Fan Page  
John Alexander Dowie Apostle of Divine Healing  
Divine Healing Questions & Answers

**Online Bible School - a school of pneumatology:**

<http://annwindsorbibleschool.org/>

Here is a study course on 'Mankind the Spirit' PDF format:

<http://annwindsorbibleschool.org/study-course-2-man-the-spirit/>

**Books available on Amazon:**

"Is A Life of Wellness Possible And How Do You Achieve it?"  
"Scriptural Medicine For Physical Healing"  
"The Doctor Parable" - a window to faith for divine healing  
"Eternal Life" - the Present Possession of the Believer

For more in depth study of the meaning and verses about Eternal Life, I would suggest:

