If the Bible were a piece of jewelry, then Roman would be the set in the jewelry, and the 8h chapter would be the sparkle on the jewel. In these verses, Paul captures the essence of the gospel and of our relationship with God.

*Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. 3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.*

*5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. 7 The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. 8 Those who are in the realm of the flesh cannot please God.*

*9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. 10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.*

The coming of Christ to us and His sacrifice on the cross is pivotal to all things. It is the transitional event of all history in which mankind has the opportunity of no longer relating to God through the law, but by the indwelling of the Spirit of Christ.

He describes two opposing forces: The law of the Spirit of life and the law of sin and death. They are diametrically opposed to each other. On condemns, the other brings righteousness. One brings a mind of the spirit, the other the weakness of the flesh. One demands while the other releases. One is of works while the other is of grace. One cannot meet the demands of the law, while the other removes us from the tensions of legalism into the freedom of His spirit.