

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.
—**Romans 8:2**



John Lake was a missionary in Central Africa when an epidemic broke out. Thousands of people were dying. One of the doctors sent by the local government asked him what he used to inoculate himself with against the virus.

Lake directed the doctor to put a sample of the living virus under a microscope, and view the masses of living germs. He then took the sample in his hand for a moment and then returned it to the microscope. To the doctor's amazement the germs were dead.

"That is the law of the Spirit of life in Christ Jesus," he declared. "As long as I keep my soul in contact with the living God---no germ can attach itself to me. My spirit and body are so filled with the blessed presence of God, it even oozes from my pores."

The "law of the Spirit of life" is the regulating, activating power, and life of the Holy Spirit that has set us free from the power of sin, hell, and the grave.

**Fill me Lord with Your Spirit of life.
Empower me to overcome the
power of sin, hell, and the
grave in Your mighty
Name. Amen.**