**16-18**My counsel is this: Live freely, animated and motivated by God’s Spirit. Then you won’t feed the compulsions of selfishness. For there is a root of sinful self-interest in us that is at odds with a free spirit, just as the free spirit is incompatible with selfishness.

These two ways of life are antithetical, so that you cannot live at times one way and at times another way according to how you feel on any given day. Why don’t you choose to be led by the Spirit and so escape the erratic compulsions of a law-dominated existence?

**22-23**But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity

We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

**25-26**Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives.

**2 1-3**The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live.

**4-7**He wants not only us but *everyone* saved, you know, everyone to get to know the truth *we’ve* learned: that there’s one God and only one, and one Priest-Mediator between God and us—Jesus, who offered himself in exchange for everyone held captive by sin, to set them all free. Eventually the news is going to get out. This and this only has been my appointed work: getting this news to those who have never heard of God, and explaining how it works by simple faith and plain truth.

**8-10**Since prayer is at the bottom of all this, what I want mostly is for men to pray—not shaking angry fists at enemies but raising holy hands to God. And I want women to get in there with the men in humility before God, not primping before a mirror or chasing the latest fashions but doing something beautiful for God and becoming beautiful doing it.