Obey the five commands listed below and experience your life “in Christ.” Experience the abundant life through living by grace. Notice that each command is either to believe something or to choose to do something.

**THE FIVE COMMANDS**

**Believe**
Romans 6:11
Reckon (believe) yourselves to be dead to sin but alive to God in Christ Jesus our Lord

**Choose**
Romans 6:12
Do not let sin reign in your mortal body that you should obey it in its lusts

**Choose/Believe**
Romans 6:13a
Do not present your members as instruments of unrighteousness to sin

Romans 6:13b
Present yourselves to God as being alive from the dead.

Romans 6:13c
[Present] your members as instruments of righteousness to God.

We can and should obey each of these commands because Romans 6:3-5 teaches that all believers have been baptized into Jesus and as a result all believers have been baptized into his death, burial, and resurrection.

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**Editor’s Note: Bob Joyce for several years has served as pastor of the Cooper Creek Baptist Church in Denton, Texas**

My life and my ministry to a great extent have been characterized by conflict. The result of the conflict has been a lifetime of stress.

By the age of 47 I had many stress-related problems, including being overweight and diabetic and having had quadruple bypass surgery.

About two years ago at a prayer retreat with two friends I began honestly sharing my problems. I admitted to them that my life and ministry had been filled with conflicts.

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I was told that I could choose to be different.

I learned that when I received Jesus as my Lord and Savior, the Holy Spirit baptized me into Jesus—and since then I had been a crucified, buried, and resurrected person.

I also learned that I could experience my crucifixion, burial, and resurrection by obeying the five commands of Romans 6:11-13.

Following the retreat I read again and again the passages teaching my oneness with Christ trying to understand this new (to me) concept of living the Christian life.

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I shared the passages with a friend who was the founder and president of a small Christian school in Denton, Texas—where I live. He was familiar with the passages and the teachings and said his school was built on the truths of oneness with Christ.

My friend invited me to teach a course at the school using those very verses as a foundation for the course. I accepted the invitation because I knew I would have to study to understand the passages I would be teaching.

Since teaching that class I have been living out the New Testament message of our oneness with Christ. I have obeyed the five commands of Romans 6:11-13.

As I was promised, obedience to those commands has resulted in a changed life.

I have made the discovery that the conflicts I had lived with through the years were my problems and not the problems of those around me.

On one occasion, I apologized to a couple for being the cause of the conflict between us. They came back to the church and a sweet fellowship has developed.

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I have seen God bring peace between members of our church and me. God has brought peace between members of my church who had been in serious conflict.
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