

The New Covenant - Part 5

Mind Renewal: Transforming Ourselves by Fixing Our Eyes on Jesus

1. Brief recap from last meeting; we discussed...

- Jesus talking about the New Covenant which is established by His blood.
1 Cor. 11:23-25 (AMP) *"This cup is the new covenant [ratified and established] in My blood; do this, as often as you drink it, in [affectionate] remembrance of Me."*
- Jesus being the bread of life and how we are to feed on Him. **Jn. 6:22-58.**
- Believers living in the New Covenant being ministers of the New Covenant.
2 Cor. 3:4-6 and in full context: **2 Cor. 3:7-4:7.**
- Through the cross Jesus Christ made salvation "available" to all who would receive Him. **Rom. 5:17** and in full context **Rom. 5:8-21.**
- How **Heb. 8:6-13** which also refers to **Jer. 31-34**, spoke of this new and glorious way (The New Covenant) that was to come and is now here because of Christ's sacrifice (*Old way replaced by a new more glorious way*)
- All who believe in Christ (those who receive Him) will be saved. **Acts 16:31 (AMP).**
"...you and your household [if they also believe]."

2. Benefits of the New Covenant Continued...

- a) Continuing where we left off in part 4 of this study, let's read through **Rom. 6:1-18 (AMPC)** again and discuss with a focus on v. 7 and v. 11.
- Rom. 6:7 (NLT)** *"For when we died with Christ, we were set free from the power of sin."*,
(NKJV) *"For he who has died has been freed from sin."*
- Rom. 6:11 (NLT)** *"So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus."* **(AMP)** *"Even so, consider yourselves to be dead to sin [and your relationship to it broken], but alive to God [in unbroken fellowship with Him] in Christ Jesus."*
- One of the benefits for the believer in the new covenant is the fact that when they believed in Christ, they died to the power sin; Note: they died to the power of sin, they did not die to "sinning." (See *Rom. 6:16 commentary below*). Believers have put their sin nature to death (Crucified with Christ **Rom. 6:6, Gal. 2:20, 5:24**), and now have a new nature "in Christ". The believer's spirit is now complete through their union with Christ (**Col. 2:10**). However, their body and soul (mind), need to be renewed.
Rom. 12:1-2 (AMP). *"Be transformed by the renewing of your mind."* The spirit does not need renewing, but the body and soul do.
 - Our sinful nature was crucified with Christ, the penalty against us was nailed to the cross. **Col. 2:13-14**. Side note: I used to think it was our old sinful nature that was nailed to the cross, but what was nailed to the cross was the penalty against us. Our

sinful nature was crucified with Christ, that is different from what was nailed to the cross.

- Their new nature is Christ in them! The born-again believer does not have two natures inside of them fighting each other. However, they do still have flesh to contend with. Remember, when one believes in Christ, their sinful nature (the old man) was crucified with Christ, yet we still contend with the flesh and its temptations, requiring ongoing renewal of mind, body, and inner being through the Spirit. So, the old man (sinful nature), was crucified at salvation and is also an ongoing crucifying of the flesh. e.g. the process of sanctification, the becoming more like Christ. **2 Cor. 3:18 (NLT)** *"makes us more and more like him as we are changed into his glorious image."*

b) Let's look at **Rom. 1-2** which talks about this.

- First, **Rom. 12:1**
 - **(AMPC)** *"make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice"*
 - **(NKJV)** *"that you present your bodies a living sacrifice, holy, acceptable to God,"*
- Second **Rom. 12:2**
 - **(NLT)** *"...let God transform you into a new person by changing the way you think."*
 - **(AMPC)** *"...but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude]."*
 - **(KJV/ESV)** *"...be ye transformed by the renewing of your mind."*

c) So how do we renew our minds? This is how we renew our minds.

We daily fix our gaze, attention and thoughts on God... ☞☞☞☞ ☞☞☞☞

Rom. 12:1-2 (MSG) as noted above; **2 Cor. 4:18 (NLT)**; **Phi. 4:8 (ESV)**; **Prov. 4:25 (AMP)** and as noted in **Rom. 12:1** "by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship." Daily present your bodies (all of yourself to God) as an act of worship.

d) Renewing our minds helps us "run with endurance the race God has set before us." **Heb. 12:1-2**. So how do we "run with this race endurance"? **Vs. 2** spells this out:

(NLT) *"We do this by keeping our eyes on Jesus."*

(KJV/ESV) *"Looking unto Jesus."*

(NASV) *"Looking only at Jesus."*

(AMPC) *"Looking away [from all that will distract] to Jesus."*

e) **Rom. 12:1-2** and **Heb. 12:1-2** (No, that is not a mistake, just a coincidence that they are both references to 12:1-2, but they do complement each other). Both are referring to our focus and attention. Is our focus and attention on the world or on Jesus? Note that the beginning of **Rom. 12:1** it says; "Do not be conformed to this world". What is your attention on? What are your thoughts focused on? What are you conforming to?

- f) This is how we renew our minds and run the race with endurance. We daily fix your gaze, attention and thoughts on God.
- g) Along with fixing our gaze, attention and thoughts on God and looking unto Jesus we need to be sober, vigilant, alert and humbling ourselves under the mighty power of God and give all your worries and cares to God for He cares for you. (**1 Peter 5:6-11**). Adding to all of this, “Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.” (**Eph. 6:10-18**). ...and last but not least; “forgetting the past and looking forward to what lies ahead, pressing on to reach the end of the race”. (**Phil. 3:12-14**).
- h) Summarizing the above actions on our part:
- Look away [from all that will distract] to Jesus and look unto Jesus instead.
 - Daily fix your gaze, attention and thoughts on God.
 - Present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God.
 - Be sober, vigilant and alert, humble yourselves under the mighty power of God and give all our worries and cares to God for He cares for you.
 - Put on all of God’s armor of God so that you will be able to stand firm against all strategies of the devil.
 - Forgetting the past and looking forward to what lies ahead, pressing on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

2. Receive His New Life!

- a) Those who believe in Jesus Christ are no longer a slave to sin. We have died to our old life, no longer living for ourselves but for Christ. (**2 Cor. 5:14-15**). Note the phrase “Receive His New Life” (NLT) and “Those who Live” (NKJV). Those who *“have believed and received new life.”* This is the benefit of the New Covenant, this new way of faith. (**Gal. 3**) Believe and receive!
- b) **1 Jn. 4:13,15 (AMPC)** – *“By this we come to know (perceive, recognize, and understand) that we abide (live and remain) in Him and He in us: because He has given (imparted) to us of His [Holy] Spirit., Anyone who confesses (acknowledges, owns) that Jesus is the Son of God, God abides (lives, makes His home) in him and he [abides, lives, makes his home] in God.”*. Greek for **“Abide”** is **“Meno”** – **To continue, dwell, endure, be present, remain, stand, not to depart, to be held, kept, to remain as one. (In union with)**. The difference between those abiding in Christ and those not abiding in Christ is the difference between the saved and unsaved / Those who believe in Christ and those who do not.

Next meeting, we will dive into being sealed with the Holy Spirit of promise who is the guarantee of our inheritance and our union with the Father, Son and Holy Spirit.

Homework:

What does Rom. 6:16 mean?

<https://www.bibleref.com/Romans/6/Romans-6-16.html>

Read through the commentary and all the Bible references noted in the commentary.

Full context: Read all of **Rom. Chapter 6**.

Dig deeper into the with Biblehub's commentaries on Rom. 6:16

<https://biblehub.com/commentaries/romans/6-16.htm>

1 Jn. 4:1-21 - Full context: Discerning false prophets and loving one another.

1Jn. 5:1-12 - Full context: Faith in the Son of God.

Carefully dig through all of **Rom. 6:1-18**

"Finding Treasure in the Word" RiverLife Fellowship Life Link – Meeting 6 - 8/16/22

All studies with full notes in PDF format are available here:

<https://christinyoustudymap.com/finding-treasure-in-the-word-bible-studies/>

Commentaries:

Berean Study Bible Commentary on Rom. 6:11

So, you too must count yourselves dead to sin - This phrase emphasizes the believer's identification with Christ's death. In the context of Romans 6, Paul discusses the believer's union with Christ in His death and resurrection. The term "count" or "reckon" is an accounting term, suggesting a deliberate and conscious decision to consider oneself as having died to the power and penalty of sin. This is not a physical death but a spiritual reality that believers are to embrace. The concept of being "dead to sin" is rooted in the idea that through Christ's crucifixion, the dominion of sin over the believer's life has been broken. This aligns with Galatians 2:20, where Paul states, "I have been crucified with Christ and I no longer live, but Christ lives in me."

But alive to God - This part of the verse highlights the transformation that occurs through salvation. Being "alive to God" signifies a new life that is oriented towards God and His purposes. This new life is characterized by righteousness and holiness, contrasting with the previous life dominated by sin. The imagery of life and death is prevalent throughout the New Testament, symbolizing the transition from the old self to the new creation in Christ (2 Corinthians 5:17). This new life is empowered by the Holy Spirit, enabling believers to live in a way that pleases God.

In Christ Jesus - The phrase "in Christ Jesus" is central to Paul's theology, indicating the believer's union with Christ. This union is the basis for the believer's new identity and status before God. Being "in Christ" means that believers share in all that Christ has accomplished, including His victory over sin and death. This concept is foundational to understanding the believer's position and privileges, as seen in Ephesians 1:3-14, where Paul outlines the spiritual blessings in Christ. The phrase also underscores the exclusivity of salvation and new life through Jesus, affirming that it is only through Him that one can be reconciled to God and experience true life.

Rom. 6:16 - Believer's Bible Commentary

6:16 It is a simple fact of life that when we submit ourselves to someone as our master we become that person's slave. Likewise, if we sell out to sin, we become slaves of sin, and eternal death lies waiting at the end of that road. If, on the other hand, we choose to obey God, the result is a holy life. Sin's slaves are bound by guilt, fear, and misery, but God's servants are free to do what the new nature loves. So why be a slave when you can be free?

Rom. 6:15-17 - Expositor's Bible Commentary (Abridged Edition): New Testament

15-17 Paul has just affirmed, "You are not under the law." Now he shows that this does not mean that believers are free from the demands of living according to righteousness. It would be strange if those who are under grace should evidence a manner of life inferior to the standard held by those who are under law. As a matter of fact, believers must face the fact that their salvation actually means a change of bondage. As they once served sin, they are now committed to lives of practical righteousness.

At first glance, the opening question seems to repeat v.1. The difference, however, lies in the tense of the verb. In v.1 the question was "Shall we go on sinning so that grace may increase?" Now the question is "Shall we sin [in any given case, or sin at all] because we are not under law but under grace?" Law is supposed to be a restraining influence. But if we move out from under that umbrella, will we not be exposing ourselves to the danger of committing sin even more than in our previous situation?

In answer, Paul appeals first of all to a fact familiar to all—whatever one submits to becomes his or her master (cf. Jn 8:34). To commit sin, then, puts one into bondage to sin, and the sequel is death (cf. 5:12; 8:13). The other option is a life of obedience resulting in righteousness (cf. 5:19). Paul is happy to acknowledge that his readers have renounced the service of sin and are now wholeheartedly obeying Christian teaching (v.17). Let us take special note of the way he puts the matter: "you wholeheartedly obeyed the form of teaching to which you were committed." By virtue of becoming Christians, believers had obligated themselves to obey what we might call the law of Christ (Gal 6:2). Even though Paul had not founded the Roman church, he was confident that the Christians there had been taught the standard teaching of the apostles (see Ac 2:42). Just as the Gospel itself had certain ingredients (such as Christ's death, burial, and resurrection, as in vv.1-5; 1Co 15:3-4), so the teaching about the lifestyle of believers, derived from what Jesus and the apostles taught, was standard throughout the church. This is the point being made in the use of the word "form".

Deeper study on Rom. 12:1, Galatians 5:24 and Colossians 2:13–14:

Some commentary on Rom. 12:1 about “presenting our bodies as a living sacrifice”

Here is key Scripture cross-references connected to **Romans 12:1**'s call to "present your bodies as a living sacrifice." These passages emphasize that believers are freed from sin's dominion (enabling us to yield ourselves to God), yet we still contend with the flesh and its temptations, requiring ongoing renewal of mind, body, and inner being through the Spirit.

Freedom from Sin's Power, Enabling Us to Present/Yield Our Bodies

- **Romans 6:12-13, 18-19** — "Do not let sin reign in your mortal body... but present yourselves to God... present your members as slaves to righteousness leading to sanctification." (Direct parallel to Rom. 12:1's "present your bodies"—we're freed from sin's mastery, so we can actively offer ourselves, but we must choose not to let sin reign in the body.)
- **Romans 6:6-7, 14** — "Our old self was crucified with him... so that we would no longer be enslaved to sin... Sin will have no dominion over you." (Positional freedom from sin's power, as recapped in your study—sin is no longer master.)

Ongoing Contention with the Flesh/Temptation

- **Romans 7:18-25** → "For I know that nothing good dwells in me, that is, in my flesh... Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!" (The inner struggle persists in the flesh, even though we're delivered positionally.)
- **Galatians 5:16-17, 24** → "Walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit... And those who belong to Christ Jesus have crucified the flesh with its passions and desires." (The flesh remains opposed, but we crucify it daily by the Spirit.)
- **James 1:13-15** → (As noted in your study: Temptation arises from our own desires in the flesh, which we must resist—sin isn't our master, but the pull remains.)
- **1 Peter 2:11** → "Abstain from the passions of the flesh, which wage war against your soul." (Fleshly desires actively war against us.)

Ongoing Renewal of Body, Mind, and Inner Being

- **Romans 12:2** — (Immediate context) "Be transformed by the renewal of your mind, that by testing you may discern what is the will of God." (Presenting the body involves mind renewal—ongoing transformation.)
- **Romans 8:12-13** — "Put to death the deeds of the body... by the Spirit." (Active renewal: the body needs mortifying despite freedom.)
- **2 Corinthians 4:16** — "Though our outer self is wasting away, our inner self is being renewed day by day." (Daily inner renewal amid the decaying flesh/body.)
- **Ephesians 4:22-24** — "Put off your old self... be renewed in the spirit of your minds... put on the new self, created after the likeness of God." (Ongoing process of renewal in mind and character.)
- **Colossians 3:5, 9-10** — "Put to death therefore what is earthly in you... you have put on the new self, which is being renewed in knowledge after the image of its creator." (Earthly/fleshly parts need putting to death; new self progressively renewed.)

These tie directly into the New Covenant benefits from your study (Rom. 6 emphasis), showing the tension: we're positionally dead to sin and alive to God, but practically, the flesh lingers until full redemption (Rom. 8:23), so we offer ourselves daily as living sacrifices.

Note/Disclaimer: Below are some A.I. responses to my challenging questions and is pulling from the entire text of the Bible in these versions AMP, AMPC, ESV, KJV, NASB, NIV, as well as many commentaries, it is always wise to dig into the Word of God yourself and read the scriptures in full context while allowing the Holy Spirit to teach you as you dive in. Ask this same question yourself and ask the Holy Spirit to reveal truth as you dig into the word for the answers. Use the question and answer below for deeper study and a starting point for your own study.

Question:

What do I do with this passage that says: Galatians 5:24 New King James Version 24 And those who are Christ's have crucified the flesh with its passions and desires." But why, even after salvation and now with the Holy Spirit in me, is there still some struggle with the flesh? So, was this done at salvation and is ongoing as well?

Gemini Answer:

Galatians 5:24 can feel confusing if you expect salvation to immediately remove all sinful urges. However, biblical scholars and pastors emphasize that "crucifying the flesh" is both a **completed spiritual reality** and a **daily practical struggle**.

Here is how to understand and handle this passage while still feeling the "struggle with the flesh":

- **Understand the "Already/Not Yet" Reality:** In a spiritual sense, your old nature was crucified with Christ the moment you believed. This broke the *power* of sin so it no longer owns you, but it did not remove the *presence* of sin or the physical body's capacity to feel temptation.
- **The Struggle is a Sign of Life:** If you didn't have the Holy Spirit, there would be no internal war—you would just follow your desires without conviction. Feeling the struggle is actually evidence that you belong to Christ and have a new nature fighting back.
- **Crucifixion is a Process:** Historically, crucifixion was a slow and painful way to die. Similarly, "putting to death" your old habits is rarely instantaneous; it is an ongoing daily decision to say "no" to old patterns and "yes" to the Spirit.
- **Don't Mix Salvation with Discipleship:** Galatians 5:24 is not a warning that you lose your salvation if you still struggle. It is a description of a disciple's lifestyle. You are saved by grace through faith alone; your struggle with the flesh is part of your growth (*sanctification*), not the requirement for being "Christ's".
- **Practical Steps for the Struggle:**
 1. **Reckon yourself dead to sin:** Actively consider your old self powerless.
 2. **Starve the flesh:** Avoid situations or "voices" that feed your specific temptations.

3. **Walk in the Spirit:** Instead of just trying to "not sin," focus on [Reading Scripture](#) and prayer to fill your mind with Christ.
4. **Confess quickly:** If you stumble, immediately acknowledge it and return to God's grace.

Grok Answer:

The passage in **Galatians 5:24** (NKJV) — “And those who are Christ’s have crucified the flesh with its passions and desires” — is a powerful statement, but it can feel confusing when you still experience real struggles with sin after salvation. You’re asking a very common and honest question that many believers wrestle with. Let me explain what the verse means and how it fits with the ongoing battle you’re describing.

1. What the verse is saying

- The Greek verb for “have crucified” is in the **aorist tense**, which points to a **decisive, completed action**.
- Paul is describing something that has **already happened** for everyone who truly belongs to Christ.
- When you were saved, you were **united with Christ in His crucifixion** (see Romans 6:6; Galatians 2:20). Positionally — in God’s eyes and in your new identity — the old self dominated by the flesh was crucified with Christ. Its rightful power and condemnation over you were broken once for all.

So, Galatians 5:24 is stating a **fact of your new identity**: if you are Christ’s, the flesh has been crucified. It no longer has rightful dominion over you.

2. Why there is still struggle after salvation

The New Testament is very clear that the crucifixion of the flesh is **not the end of the battle** — it is the **beginning of a new kind of fight**.

- Paul himself describes the ongoing tension in **Romans 7:14–25**, where even as a mature believer he cries out, “I see in my members another law waging war against the law of my mind... O wretched man that I am! Who will deliver me from this body of death?”
- Immediately after Galatians 5:24, Paul writes in **verse 25**: “If we live in the Spirit, let us also walk in the Spirit.” And earlier in **verse 17**: “For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.”

The flesh (our remaining sinful tendencies and habits) is **defeated but not yet eradicated**. It has been **dethroned** (no longer reigns as king), but it still **resists** and tries to regain influence. The indwelling Holy Spirit now empowers us to fight and win daily victories that were impossible before salvation.

3. Done once-for-all at salvation AND ongoing in practice

Yes — it is **both**.

- **Positional / Judicial (done at salvation):**

The moment you trusted Christ, God crucified your old self with Him. The flesh's authority was broken forever. You are no longer a slave to sin (Romans 6:6–7, 14). This is objective truth, true whether you feel it or not.

- **Practical / Experiential (ongoing):**

We are called to **live out** that crucifixion daily by reckoning ourselves dead to sin and yielding to the Spirit (Romans 6:11–13; Colossians 3:5 — “put to death therefore what is earthly in you”). This is progressive sanctification — the lifelong process of becoming in practice what we already are in position.

Galatians 5:24 is not commanding you to crucify the flesh yourself (as if you could do it in your own strength). It is declaring what Christ has already done for you, and on that basis you are now to **walk by the Spirit** (5:16, 25) so that you “will not gratify the desires of the flesh.”

4. Practical takeaway

The lingering struggle is **normal**, not a sign that something is wrong with your salvation. It actually confirms you are alive in the Spirit — dead people don't fight. The presence of the fight shows the Spirit is at work in you, convicting and empowering.

Keep doing what Paul instructs:

- Walk by the Spirit daily (Gal 5:16).
- Put to death the deeds of the body by the Spirit (Rom 8:13).
- Set your mind on things above (Col 3:1–4).
- Confess sin quickly, receive forgiveness, and move forward (1 John 1:9)

The full eradication of the flesh and its desires awaits our final glorification when we receive new bodies (Romans 8:23; Philippians 3:20–21). Until then, the victory is real, but it is fought one day at a time in dependence on the Spirit.

You're not alone in this tension — Paul felt it deeply, and every honest believer does. The good news is that the same Christ who crucified the flesh positionally will one day complete the work He began in you (Philippians 1:6). Keep trusting Him.

Below is me reconciling what was nailed to the cross. I used to think my old sinful nature was nailed to the cross, but after much study on this, what was nailed to the cross was the penalty against us. Our old sinful nature was crucified with Christ, but that is different from what was nailed to the cross at salvation for the below. Here is a good breakdown on this:

Question:

Reading through this passage: Colossians 2:13–14: *“13 And you who were dead in trespasses and in the uncircumcision of your flesh (your sensuality, your sinful carnal nature), [God] brought to life together with [Christ], having [freely] forgiven us all our transgressions, 14 Having cancelled and blotted out and wiped away the handwriting of the note (bond) with its legal decrees and demands which was in force and stood against us (hostile to us). This [note with its regulations, decrees, and demands] He set aside and cleared [a]completely out of our way by nailing it to [His] cross.”*

What specifically was nailed to the cross? Was it the new believers' old sinful nature that was nailed to the cross? And is it the new believer who is nailing it to the cross or is it Christ nailing it to the cross? V. 14 says *"He set aside and cleared [a]completely out of our way by nailing it to [His] cross."* He", being Christ. What did Christ nail to the cross?

Answer:

The passage you quoted is Colossians 2:13–14 (from the Amplified Bible). Here is a clear, direct answer to each of your questions based on the text and standard biblical interpretation.

What specifically was nailed to the cross?

The thing that was nailed to the cross is **the handwriting of the note (bond) with its legal decrees and demands** — in other words, the **certificate of debt** or **record of indebtedness** consisting of our transgressions and the legal accusations/condemnation that the law brought against us.

This is the written record of our sins and the corresponding legal charges that stood against us (hostile to us). It is often described in biblical scholarship as the “cheirographon” (Greek: a handwritten IOU or legal bond acknowledging debt). Christ canceled this debt-record by nailing it to the cross.

Putting it in a more simple to understand wording:

“What exactly was nailed to the cross? It was the full list of everything we’ve ever done wrong — like a giant “debt notice” that recorded all our mistakes and the punishment we owed for breaking God’s rules. Jesus took that entire list of charges against us and nailed it to His cross, completely canceling the debt so it no longer counts against us.”

Was it the new believer’s old sinful nature that was nailed to the cross?

No. The passage does **not** say that the old sinful nature (the “flesh”) was nailed to the cross.

- Verse 13 does mention the old condition: being “dead in trespasses and in the uncircumcision of your flesh (your sensuality, your sinful carnal nature).”
- But what is forgiven and canceled in verse 14 is the **legal record of transgressions** and the **decrees/demands that were against us**, not the sinful nature itself.

While other passages (e.g., Romans 6:6, Galatians 2:20, Galatians 5:24) speak of the old self or sinful nature being “crucified with Christ,” that is a different image and emphasis. Colossians 2 focuses on the **legal cancellation of the debt** and the condemnation we faced, not on the crucifixion of the flesh itself.

Is it the new believer who is nailing it to the cross, or is it Christ?

It is **Christ** (through His work on the cross) who nails it. The believer does nothing to accomplish this cancellation — it is entirely Christ’s doing on our behalf.

The text says: **“He set aside and cleared completely out of our way by nailing it to [His] cross.”** The subject (“He”) is Christ/God acting through the cross.

Clarification on “He”

Yes, “He” refers to Christ (or God acting in/through Christ). Verse 13 attributes the action to God (“[God] brought to life... having [freely] forgiven”), and verse 14 continues with “He” performing the nailing to “[His] cross.” The cross is unmistakably Christ’s, so the canceling and nailing are accomplished by Christ’s sacrificial death.

In short: Christ, in His death on the cross, took the written record of our sins and the law’s condemning charges against us and nailed them to the cross, thereby canceling them completely and removing them as an obstacle between us and God. The believer receives this forgiveness by grace through faith; we do not nail anything ourselves.