

Romans 7:15-25

15 I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to-what I hate. 16 I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking. 17 But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things.

18 I know I am rotten through and through so far as my old sinful nature is concerned. No matter which way I turn I can't make myself do right. I want to but I can't. 19 When I want to do good, I don't; and when I try not to do wrong, I do it anyway. 20 Now if I am doing what I don't want to, it is plain where the trouble is: sin still has me in its evil grasp.

21 It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. 22 I love to do God's will so far as my new nature is concerned; 23 but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me.

In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin. So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature? Thank God! It has been done by Jesus Christ our Lord. He has set me free .-- (TLB)





1. It Cost Me Confusion

Romans 7:15¹⁵ I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to—what I hate.-- (NLT)

2. It Cost Me Guilt & Shame

Romans 7:16¹⁶ I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking.-- (NLT)

3. It Cost Me Compulsions & Addictions

Romans 7:17¹⁷ But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things.-- (TLB)

4. It Cost Me Self-Condemnation

Romans 7:18a 18 I know I am rotten through and through so far as my old sinful nature is concerned.-- (NLT)

5. It Cost Me Frustration

Romans 7:18b-20¹⁸ No matter which way I turn I can't make myself do right. I want to but I can't. 19 When I want to do good, I don't; and when I try not to do wrong, I do it anyway. 20 Now if I am doing what I don't want to, it is plain where the trouble is: sin still has me in its evil grasp.--



Romans 7:2121 It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. (NLT)

The Cause of the Conflict

1. I Have I WO Natures

Romans 7: Romans 7:22-23 22 I love to do God's will so far as my new nature is concerned; 23 but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. (NLT)

2. I Am Powerless Against My Old Nature.

Romans 7:24a 24So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I'm in-- (TLB)

The Cure for the Conflict

1. I Deepen My Christ. Understanding Of Christ.

Romans 7:24b-25a 24 What a wretched man I am! Who will rescue me from this body of death? 25 Thank God! The answer is in Jesus Christ our Lord. -- (NIV, NLT)

Romans 6:12-13

12 Do not let sin control the way you live; do not give in to sinful desires... 13 Instead, give yourselves completely to God since you have been given new life. (NLT)

Romans 8:2

² For the new spiritual principle of life in Jesus Christ lifts me out of the old vicious cycle of sin. (Ph.)

2. I Detect & Disarm The Lie I'm Believing

1 John 1:88 If we claim to be without sin, we deceive ourselves and the truth is not in us.--(NIV)





3. I Declare Struggle To Another

James 5:16¹⁶ Confess your sins to each other and pray for each other so God can heal you. When a believing person prays, great things happen.--(NCV)

Galatians 5:16

16 Live according to your new life in the Holy Spirit. Then you won't be doing what your sinful nature craves.-- (NLT)

