

## Romans 7:13-25

13. Then that *which is* good, *has it* become death to me? Let it not be! But sin, that it might appear *to be* sin, having worked out death to me through the good, in order that sin might become excessively sinful through the commandment.

A. Then that which is good, has it become death to me?

1. Paul had said the law was good and holy. The law also was from God. Paul is now asking if that good thing from God was meant to kill him? Did God give the law with a bad intention to harm and kill him?

B. Let it not be!

1. May in never come into being!

2. Once again it has come into being because there are some who teach that the Law is bad and deadly.

3. The law is only deadly if it is misused, just like fire can be a deadly if it is taken out of it's proper boundary, such as a fireplace.

4. The law was sent to do us good ,which was to show us our sin and our need for a Savior. If we would learn quickly from the law, and submit to it's teaching about our sin and need for Jesus then it would quickly lead to life! If we use the law to try to justify ourselves it will only bring condemnation, wrath, and death.

C. But sin, that it might appear to be sin, having worked out death to me through the good.

1. **appear-** Gr. **phaino-** *to become plain or evident*

a. The law was given to make sin plain and evident. Before the law, sin was present but was hidden from it's true nature and ugliness.

b. The law came to bring out sin into clear view to be seen as what it is- rebellion. The law turned sin into trespass and transgression.

2. **worked out-** Gr. **katergazomai-** *to work something from the inside to the outside.*

a. The law was given to bring out the death in man to the surface for it to be seen and felt. Man was dead spiritually but did not know it, until the law showed man's totally inability to perform for God. Just as a corpse can't function at all, so spiritually dead people can't function spiritually at all as God demands. The law showed the utterly weakness- death- in man. Israel broke the very first of the Ten Commandments right off the bat after they said they would keep it! They made a gold idol and worshipped it at the foot of Mt. Sinai!

### 3. through the good

a. Just like a gun is a good thing if it be used properly- to hunt for food and protect, it can be turned to do harm in the wrong hands- so the law, which was good and holy, got in the wrong hands- sin- and sin used the law to condemn and kill. The gun is not evil and neither is the law. The evil is found in the misuse of that which is good.

#### D. in order that sin may become exceedingly sinful through the commandment

1. By the giving of the law, sin was seen as it really is - ugly rebellion. Under the law sin became transgression and trespass.
2. All refinement of sin is stripped away by the law and all that is left and exposed is ugly rebellion that cries for judgment and wrath.

## 14. For we know that the law is spiritual, but I am carnal, sold under sin.

### A. For we know that the law is spiritual

#### 1. spiritual- Gr. *pneumatikos*

- a. The law is not natural. It has its origin in God and is spiritual.
- b. Since the law is spiritual and not natural, then natural man cannot keep it. It takes supernatural and spiritual resources to keep the law. We fulfill the righteous requirement of the law by the Spirit through faith. [Rom. 8:4]

### B. but I am carnal- Gr. *sarkikos*

1. The law was given to spiritually dead people that did not have the proper heart or resources to keep the spiritual law. The law was given to fleshly people, not spiritual people. The law cannot be kept or fulfilled by the fallen flesh. It can't be kept by a Christian's flesh either!
2. Jesus came in the power of the Spirit and fulfilled the law spiritually and naturally- in heart and action.
3. In Christ we now fulfill the law spiritually by faith in Christ who fulfilled it in His life and death.

### C. sold under sin

1. **sold**- Gr. *piprasko*- *human trafficking; to sell into slavery*

2. **under**- Gr. *hupo*- *under the control or dominance of*

3. **sin**- Gr. *hamartia*

- a. In the book of Romans sin is personified as a living controlling task master.
- b. Adam sold himself and all of humanity to the slave master sin. Now sin rules over humanity. Slaves give birth to slaves. Slaves have to be redeemed or purchased out of slavery. The problem is that slaves cannot free themselves because they never earn any wages to do so. This keeps them in slavery. The only person who

can free a slave is a free person who has the resources and heart of love to pay the price for freedom. Every person before Jesus born from Adam were born slaves and thus could not free themselves or anyone else. Slaves give birth to slaves. Mohammad was a slave. Buddha was a slave. Confucius was a slave. Only Jesus was born free by the virgin birth from the prison of sin and He had all the resources and the heart of love necessary to pay our ransom price to free us!

- c. The only thing that can break the control of sin is death. Instead of us having to die, Jesus did our dying for us as our representative. Anyone who died before Jesus stayed dead because they had no life to walk free from death. However, Jesus had life in Himself to be raised from the dead. He being our representative we were given life in Him and are now free from spiritual death forever in Him! We now have His resurrection life in us!

**15. For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.**

A. Many ask, "Is Paul speaking of himself as a Christian here or his life before Christ as Saul of Tarsus." The answer is yes.

B. This is the experience of all humans that try to keep and fulfill the law by their flesh. A Christian still has the flesh and their flesh is no different than an unbelievers flesh. Living by the power and effort of the flesh will produce the same effect for a believer and non-believer alike. It will produce a fruitless struggle that leaves you bound to sin.

**C. For what I am doing, I do not understand.**

1. "I"- This is Paul's problem. It is the **BIG I**. Paul will use the word "I" 21 times in this short section that records his struggle with sin.

a. Using the word I so many times shows what the problem was. The problem was that Paul was trying to fulfill the law by his own effort and resources. Paul was trying to be His own savior and was miserably failing just like everyone else will do who tries to do it!

**2. I do not understand**

a. Sin cannot be controlled rationally or with the reasoning of the soul. Sin does not make any rational sense. You can know that sin is harmful and even know the results of sin, but you can't reason with sin. Sin is a spiritual force that goes beyond reasoning. You can't overcome sin with reasoning. Someone who is bound in sin simply cannot understand how they can keep on doing the same thing over and over again even when it hurts them.

b. Many teach that you need to weigh the pros and cons of a sinful

action and then you can then make the right decision. Many teach that you need to be educated against sin so that you will not do it. Again, sin cannot be overcome by the reason or the powers of the soul.

- c. Sin is a spiritual force and you can only overcome sin by a greater spiritual force- the Spirit of Christ! Sin cannot be conquered by soul power but only by Spirit power!
- d. It was the death, burial, and resurrection of Christ that defeated the power of sin. How are we to walk in victory over sin? Paul reveals it is the exact same way you got saved. [Col. 2:6] How does someone get saved? Paul will show us in [Romans 10:9-10]. We get saved by confessing Jesus is the Lord, and believing in our heart that God raised him from the dead. This is confessing who Jesus is- the God-man, and believing what He has done- dying on the cross and being raised from the dead to free us from sin.
- e. We do not overcome sin by focusing on or believing in ourself and are ability to defeat sin. We overcome sin by focusing on and believing in who Jesus Christ is and what He has done for us! To overcome a sin we need to confess that Jesus is the Lord, and that He has been raised from the dead, and because of Who He is and what He has done we confess that we have been saved from that sin. When we confess with our mouth and believe with our heart then the Holy Spirit will enforce that victory over sin that Jesus accomplished by strengthening us by faith! We overcome sin not by the force of our soul, but by the force of the Spirit of Christ based upon Who Jesus is and what He has done!

#### **D. For what I will to do, I do not practice**

1. Again, sin cannot be overcome by will-power.
2. Many teach that man does not have a free will but it is bound by sin. I agree and disagree. Man has an immediate free will but not an ultimate free will. What do I mean by that? I mean that in any situation a person can exercise their free will and choose not to do something. However, every person has a weakness in their flesh that they will not be able to find consistent victory over unless it is accomplished supernaturally through faith in Christ. In those weak areas of our flesh, we can at any time resist and not give into it. However, over time the pressure of that weakness will overcome our will-power and resistance. To illustrate this, I can hold a book out with my outstretched arm and overcome gravity at will. However, if I keep holding it out, the weight and pressure of gravity will ultimately prove too strong for me to hold out. This is the same with the draw of sin upon the weakness of our flesh and soul.

**E. but that which I hate, that I do.**

1. Many today teach that we sin because we do not hate our sin or hate it enough. They teach that if you hated sin you would not sin. Paul did not teach that! He said that he did what he hated. His failure to overcome sin was not that he did not hate his sin. Any true believer will hate sin in their heart.
2. The truth of the matter is that our flesh loves sin. We will never get to a place where we can get our flesh does not love sin. We are not our flesh though! As a born again person our new identity hates sin. As an unbeliever we had a heart of a pig that loved the mud, but now that we are saved we have been given a new heart- that of a sheep, that hates the mud. However, just because we hate sin does not mean we will have victory over sin. If we try to overcome sin by will-power will continually be defeated by sin and continue to do the very things we hate!
2. We cannot overcome sin with soulish emotions of hate. Again, soul power cannot overcome a spiritual force such as sin. Sin is spiritual and can only be overcome in and by the Spirit through faith in Who Christ is and what He has done.

**16. If, then, I do what I will not to do, I agree with the law that *it is* good.**

**A. agree-** Gr. *symphemi-* *to say with; to agree or give assent to*

1. Giving mental assent to your actions being wrong and the law of God being right, does not give you the spiritual power to overcome sin. Mental assent can never give you victory. Faith in Christ's victory and your new identity in Him will cause you to overcome!
2. What is so frustrating about a sinful habit for a Christian is that they know full well that the sin is wrong and they are doing wrong, but they can't seem to stop doing what they know is wrong. They are living a huge contradiction in their life and heart. This usually leads to self-hatred and self-punishment. This too is pre-occupation with self and is fruitless!
3. This reveals the fruitlessness of overcoming sin by our own soul power. First we try to overcome sin in our own ability and then when we fail we punish ourselves. The focus all the way around is on ourself! We try to be our own savior and then become our own judge. This is all self-righteousness and is the driving force behind our addictions.
4. In our mind we can acknowledge the goodness of God's standards but we fail to see the wretchedness of our flesh! The law will bring that out for us to see.

**17. But now, *it is* no longer I who do it, but sin that dwells in me.**

A. **But now-** as a believer

B. **it is no longer I who do it**

1. A believer is a reborn, recreated spirit. A believer never sins with or in their spirit. [1 John 3:9] The believer's spirit is sealed from all contamination of sin. A believer's spirit is "in Christ" and in Christ there is no sin! [1John 3:5] We are a spirit, that has a soul, that lives in a body. We need to think this way!
2. The new creation [new man] has nothing to do with sinning. A Christian sins with their flesh and in their soul.

C. **but sin that dwells in me**

1. This goes against those who teach there is nothing in a believer that drives them toward sin except a unrenewed mind. Paul says here that sin dwells in him. Where does sin reside in a believer- not his spirit, but in his body. Sin in the bodily members wages warfare against the mind to get a believer to sin. [Rom. 7:23, 1 Pet. 2:11]
2. Many would teach that this section only refers to Paul in his pre-Christ period. We will see that this is not true.
3. Paul plainly taught in the book of Romans that sin still dwells in the believer's body. [Rom. 6:6, 6:12, 7:5, 7:23, 8:3, 8:10, 8:13]
4. When we receive Christ the only part of us that is new is our spirit. Paul said sin was in our members. If it was in our members before we got saved then it is still in our members now that we are saved because we did not get a new body!
5. Have you heard the devil made me do it? Well that is not scriptural, but it is scriptural to say that sin made me do it! Sin will master someone who does not know who they are in Christ and does not draw upon the grace of God by faith. Sin as a power and principle will make you sin in action!

18. **For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but *how* to perform what is good I do not find.**

A. **For I know that in me (that is, in my flesh) nothing good dwells**

1. Why does Paul qualify his statement that nothing good in him dwells with a parenthesis? He qualifies that statement with (that is, in my flesh). He does that because he now is speaking of his own Christian experience of trying to live the Christian life by his will power and his own resources.
2. There is nothing good in an unbeliever's **flesh, soul, or spirit**. They are completely corrupt before God. Paul qualifies this statement because now as a believer his spirit is recreated in true righteousness and holiness! [Eph. 4:24] Paul tells us that we must now acknowledge every good thing in us in Christ [Philemon 6]

3. There is much good in a believer, but not in their flesh! The flesh of an unbeliever is just as corrupt as an unbelievers. There is no difference between a saints flesh and a sinners flesh. Both are corrupt to the core!

**B. For to will is present with me**

1. Again Paul is trying to conquer the spiritual force of sin with his soulish will power. The will power is no match for sin, especially in our special area of weakness. Everyone has at least one that cannot be overcome by natural resources. It is only overcome by Spirit power.
2. Many Christians will denounce a struggling person that they just are not willing to break a sin in their life. Most of the time this is not the case. They are willing but unable in their own efforts. Actually, it is the fact they are trying to overcome sin with their will power is the reason they remain bound to it! You cannot access grace by your will power and effort. You access grace by faith in the finished work of Christ and the dependence of the Spirit of Christ within you.

**C. but how to perform what is good I do not find**

1. Why is Paul not able to find out how to perform the good that he wishes? It is because he is looking in the wrong place! He is looking within his own resources, efforts, and will power. The power and strength to perform spiritual tasks cannot be found in the soul of man. Only by the resurrection power of Christ spiritual work is performed.
2. The world and fleshly people are always trying to gain knowledge on how to overcome weaknesses. They think that if they know how to do something that they will have the power to do that thing. This is not so. You need the supernatural power of Christ in you to do spiritual work. This comes by accessing grace through faith in the finished work of Christ and by praying in the Holy Spirit and being built up spiritually.

**19. For the good that I will *to do*, I do not do; but the evil I will not *to do*, that I practice.**

**A. For the good that I will to do**

1. Paul uses the word "will" in this section of scripture 7 times. Paul gives a complete and total go at trying to overcome sin by his will power and is completely defeated! It is a good place to be. You are not ready for a Savior until you know you need saving.
2. There once was some youth swimming and a young lad swam out too far and was starting to drown. The life guard on the beach saw this but stood still. The friends of the lad pleaded with the life guard to leap into action and save their friend, but he remained standing on the beach. The young man out in the water went down and came up several times but then went down not to come up again. At that moment the life guard sprang into action and went out and rescued the young lad and

resuscitated him on the beach. The friends started yelling at the life guard that he should have helped earlier, but the experienced life guard turned to them and said, "I could not help this person until they stopped struggling. He would have pulled me under with him. I could only saved him once he stopped struggling." It is the same with you and I my friend. Until we stop struggling to deliver ourselves from sin by our will power, the Savior cannot and will not deliver us. Christ will only deliver us by His grace and not by our effort or help.

3. A true born again Christian wants to do good at the core of their being. They must be taught how to walk in victory the same way they got saved in the first place, by grace through faith. [Col. 2:6]

**B. but the evil I will not to do, that I practice**

1. When you live by will power, you will be forced to do what you do not want to do. This of course will bring condemnation from the devil and other people. You will be told that your problem is that you really want to do evil and you should have more will power and effort to overcome and try to be better. This is a vicious cycle in which you sink down into spiritual quicksand. At this point many Christians will just give up on living the Christian life and go live according to their flesh. It is good that they gave up trying to live the Christian life. This is the first prerequisite for living an overcoming Christian life. However, they must then make the next step and trust in Christ to live it in them and through them. Without this vital second step you will remain defeated.

**20. Now if I do what I will not *to do*, it is no longer I who do it, but sin that dwells in me.**

**A. It is no longer I who do it**

1. It is no longer the real person, the reborn spirit.

**B. but sin that dwells in me**

1. Where does sin dwell? Not in our reborn spirit, but in our fleshly members.

**21. I find then a law, that evil is present with me, the one who wills to do good.**

**A. find a law-** Gr. **nomos-** *a unyielding principle that remains constant at all times.*

1. This law is only discovered when you submit yourself to live under law. This means to live under a outward code of right and wrong to try to improve yourself by your own efforts in order to acceptable to God, yourself, or others. The strength of sin [evil] is the law. [1 Cor. 15:56]

**B. evil is present with me**

1. Earlier Paul said that the will to do good was present with him, but here



he said also evil is present with him. This evil is spiritual in nature and cannot be overcome with soulish will power.

2. The flesh is always present with a believer. You will never grow to a place in the Christian life that you do not have the flesh to deal with. The flesh does not get more holy the more you grow as a Christian. The flesh never changes. It remains as corrupt as ever. The flesh is overcome by walking in who you are in Christ and by the power of the Holy Spirit. If you stop doing this, just like a plane that stops exerting thrust and lift will fall out of the sky, so you too will fall!

**C. the one who wills to do good**

1. Again, a born again Christian desires to do good in the core of their being. This also is a law or constant truth. It is part of our spiritual make-up in Christ.
2. This knowledge will help you when the enemy attacks with temptation. If you believe you want to do the evil Satan and the flesh is presenting to you, you will be more likely to just give into it. However, if you believe that at the core of your being and identity that you hate the evil and desire the good, then you are more likely going to use your faith to tap into the power source of the Spirit to overcome it.

**22. For I delight in the law of God according to the inward man.**

**A. For I delight in the law of God**

1. An unbeliever does not really delight in the law of God.

**B. according to the inward man**

1. Paul is giving a contrast between his outward man [no good thing dwells in my flesh] and his inner man [I delight in the law of God]
  - a. Here Paul is describing the reality of a believer. Their flesh is opposed to God, but their spirit is for God.
2. Our reborn spirit delights in the law and standard of God.
3. So our flesh hates the law of God and our inward spirit loves the law of God. The problem is when our soul steps in to try to fulfill the righteousness of the law by will power. God never intended our soul be the ruling influence of our life. God never intended us to live by soulish will power. He intended us to live by faith through our spirit energized by the Holy Spirit.
4. The guiding principle of our new man is faith. We walk in the Holy Spirit and our reborn spirit by faith in Christ, and not by will power. You cannot strive and trust at the same time. You cannot try to live the Christian life and allow Christ to live it in you at the same time. You cannot have your soul and spirit dominate at the same time! One will have to take a back seat. If your spirit/faith takes a back seat then you will be overcome by the sinful flesh. If the soul takes the back seat to your

spirit/faith then the sinful flesh will be dominated by the Spirit.

**23. But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.**

**A. But I see another law in my members**

1. The principle of sin is in our bodily members. That is why we will all die physically although we have been born again in our spirit.
2. Sin in our flesh is a law. That means it is always present and constant as long as we are still in the fallen body. Sin is a constant force like gravity that pulls on our soul to give into the particular weaknesses of our flesh. These are what we call addictions. All unbelievers are addicted to something even if it is the praise and acceptance of man. In some way every unbeliever is addicted to some sin. They are ruled by the law of sin in their members.
3. Unfortunately most Christians are also addicted to some fleshly sin because they are ruled by their flesh also. Again, a believer's flesh is no different than an unbeliever's flesh.
4. Although a believer and unbeliever both have the same fallen flesh, a believer can tap into their new man and the power of the Holy Spirit by faith. You cannot tap into these by will power! You tap into them by faith in Christ and your new identity in Him. You are now righteous, holy, pure, blameless, and spotless in Christ. When we believe this then the Spirit will cause righteousness to rule in our life. If we believe in our heart that the ransom price was paid for us to be freed from sin and the flesh, which was His death, then we will find freedom from the control of the flesh by the working of the Holy Spirit [[Rom 8:13](#)]

**B. warring against the law of my mind**

1. **warring**- Gr. *antistrateuomai*- *to strategize against; to make a military expedition, or take the field, against anyone*
  - a. Sin is seen as a warring enemy that is making strategy against our mind. If sin is waging warfare against my soul then that means my soul is on the side of my spirit and God! Many think their soul is an enemy that they must subdue to be godly. No! Sin is fighting against your soul! The sinful flesh is your enemy. The soul of an **unbeliever** is on the side of sin and their flesh. There is no warfare going on in their mind. Their soul is completely submitted to the flesh even if it is religious good works.
  - b. That is why when we get saved we experience such a mental fight! The struggle in the Christian life is the warfare of sin against our mind. To win we must start trusting what the Word says about our new identity in the spirit and not our old identity as a sinner.

Our spirit is not in the physical realm. We cannot see or feel our spirit. The only way we can tell what is true about our spirit is by the mirror of God's Word. We have to take by faith that what God says about us in our spirit is true. We have to take God at His Word. When we do then we tap into the realities of our spirit and the Holy Spirit that resides in us.

- c. Sin will try to convince you that you want to sin and that you thus are an old sinner saved by grace by producing evil desires against your soul. Sin wants to convince you that your soul actually produced them! If you believe that garbage you will be dominated by your flesh and sin. You will end up trying to fight yourself. This is a fruitless and frustrating process to say the least!
- d. If you renew your mind to your new identity in your spirit and walk by faith in that, the Spirit will empower you to a supernatural walk above the flesh and sin. The main weapon the enemy has is deceit. He will try to convince you that because you feel wrong desires that they are from you and are you! These wrong desires are called deceitful lusts. [Eph. 4:22] Why are they deceitful? They are sent to try to deceive you into thinking you are the source of them because you are an old rotten sinner! They do not come from our soul or spirit. They come from sin in your members. They can be germinated in our soul, but do not originate in our soul. The more you live under the law the more sin has to work with to create sinful desires in you. When that happens you feel condemned for feeling and thinking evil things and you believe the lie that they came from you and are indicative of who you are. This is a lie! These wrong desires and thoughts are not coming from your new true identity in your spirit, but they are coming from sin and Satan from the outside.

### **C. against the law of my mind**

1. Sin wars against your mind and thought life.
2. This battle is a war for reality. Who are you really? Are you a sinful bad person, or are you a righteous holy saint of God? Which one you adopt will determine if you are controlled by sin or by the Spirit of God.
3. It is a battle for what is real. Is the Word of God real which says you are a new creation holy and righteous, or do you believe your feelings as being real and pronounce your self a sinful bad person?
4. You will live out whatever you believe about yourself at a heart level. As a man thinks, so is he! [Prov. 23:7]

**D. bringing me into captivity to the law of sin which is in my members**

1. **captivity**- Gr. **aichmalotizo**- *lead away captive; metaphorically to capture ones mind, captivate*

a. Many Christians are bound to sin because they lost the war for reality in their minds. They took the wrong identity and believed a lie and thus were made captive. If they would have believed God about their new identity and put off the deceitful lusts by faith in who they truly are in Christ, the Spirit would have given them victory.

**2. the law of sin in my members**

a. Again, sin is a constant principle that will oppose us every day. Sin is in our members. We will not get rid of sin in our members until we die physically and slip out of the residence of sin which is our fallen body.

b. One day we will get a resurrection body in which no sin will be found. There will not be any warfare against our soul any more in which we will have to walk by faith in what God says about our identity.

**24. O wretched man that I am! Who will deliver me from this body of death?**

**A. O wretched man that I am!**

1. **wretched**- Gr. **talaiporos**- lit. *bearing the weight of trial and thus be made miserable*

a. This is language that belongs to a believer. Paul said I am miserable because of the weight of this trial!

b. Believers go through trials. Unbelievers do not. Trials come by going against the flow of the world and the flesh. Unbelievers are flowing along with sin and the flesh. They will encounter outward difficulties but their soul is in line with the world and sin and they do not feel the miserable condition Paul is describing in this chapter.

c. Paul is detailing in this chapter the great struggle of a Christian against sin and evil. Dead men don't struggle. Only an alive person can struggle. An unbeliever does not struggle against sin and their flesh.

d. The most miserable people on earth are Christians that are trying to live the Christian life by their will power instead of by faith in Christ and are living in defeat.

**B. Who will deliver me from the body of death?**

## 1. Who will deliver me

- a. Finally Paul had given up on trying to be his own savior. He realized the utter failure of his own efforts to free himself from the control of the sinful flesh.
- b. Now Paul is looking outside of himself for a Savior. He no longer is looking the the big "I" to save him. He asks, "**Who** will deliver me?"

## 2. from the body of death

- a. In [Romans 6:6] he called his body the body of sin. Here he calls his body the body of death. The body is ruled by the law of sin and death. As we will see in Romans 8, the law of sin and death is overcome by a greater law which is the law of the Spirit of life in Christ Jesus.
- b. Not only is our body a body of sin [where sin resides], it is also the body of death. Death is utter weakness to the extreme. When it comes to producing and working for God our flesh is dead. Man has death working in their flesh that renders them incapable of serving God spiritually. Paul realized that he could not serve God by the energy of his flesh. His moral side of his flesh could not overcome the evil side of his flesh. All of the flesh is corrupt. There dwells not good thing in the flesh.

## 25. I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

### A. I thank God

1. Now spiritual light has dawned upon Paul. He removes his gaze from his own navel unto God. You only give thanks for something that has been done. Paul gets revelation on what Jesus Christ His Lord has already done for him to free him from sin and death!
2. We will likewise experience death as long as we gaze upon our own selves and try to be our own saviors. Instead we must start to thank God for what He already did in the person of Jesus Christ our Lord!
3. Thanksgiving is the language of faith and faith is the victory that overcomes the world and all that is in world, which is the lust of the flesh, the lust of the eyes, and the pride of life. [1 John 2:16]

### B. through Jesus Christ our Lord

1. This phrase encompasses who Jesus is and what He did for us. He is the Lord from Heaven. He came to be our representative in life and death. His life achieved righteousness and His death achieved emancipation from sin, sins, and the old man. Jesus died as us. He was buried and rose again in resurrection life. As our representative we did as well in Him!

2. It is by believing the gospel that we are saved and delivered.
3. Jesus was seated in heaven and gave us His Holy Spirit to indwell and empower us. As we trust in His Spirit strengthening us with His own life we will find victory over sin and death. We will see this in the next chapter. The Spirit is the agent of victory over sin and the flesh.

**C. So then**

1. Paul is here summarizing the problem found in this section describing his defeat by sin and the flesh.

**D. with the mind I myself serve the law of God, but with the flesh the law of sin.**

1. Paul summarizes his problem and crystallizes it with this statement, "with the **mind** I myself **serve the law** of God"
  - a. Paul had a law mentality. He thought that he must live up to God's standards by his own strength, austerity, and power. He realized that Jesus died for him, but he mistakenly thought that now God was asking him now to live for Him!
  - b. NO! The Christian life is not us living for God! It is us living FROM God that is in us by His Spirit. We do this by faith! [[Gal. 2:20](#)]
  - c. The law is based upon our efforts and works. Jesus came to deliver us not only from sin but also the law. God no longer wants us to try to achieve victory by our efforts but to rest in faith in Christ's already finished work! We need to go from fighting in our own works, to having faith in Jesus' finished work. When we trust Christ in us to produce His life we move from a life dominated by the flesh to one dominated by the Spirit of God. The life of the Spirit is detailed in the next chapter.