

November 3, 2024

Romans 7:15-25

Why do You Struggle with Sin?

Josh was disappointed. Once again he committed the same sin he had confessed so many times before. He told the Lord he didn't want to commit that sin ever again, and he really meant it, but he did it anyway. "Why is it such a struggle to resist sin?" Bill wondered.

Becky planned to be more faithful to visit prospects and minister to those in the nursing homes. She knew she ought to do those good things, and she really wanted to do them, but for some reason it was a struggle to faithfully carry through on her plans.

Can you identify with Josh or Becky? Both of them struggled to do what was right. Josh struggled to resist sin, while Becky struggled to do good things. Why do believers have such struggles? You will find the answer in this week's lesson.

Rom. 7:15 The word **allow** means to understand. What did Paul say about the things he **would** (intended to) do?

What did he actually do?

Paul said he didn't understand why he did the things he did. He said he didn't do the things he intended to do, but instead did things he hated. Why do you think believers have such struggles?

Remember that we are all descendants of Adam (Rom. 5:12-21), causing us to be born with a fleshly sin nature that is selfish and wants to rebel against God's commands. That's our problem. When God saves us, however, He gives us a new, spiritual, godly nature. That's God's solution to our sin problem. Unfortunately, however, we don't lose our old fleshly human nature when God gives us a new spiritual nature. This causes an unending struggle within the Christian between those two very different natures. Turn to Galatians 5:17 for a moment.

Gal. 5:17 "For the _____ lusteth against the _____, and the Spirit against the flesh: and these are _____ the one to the other: so that ye _____ do the things that ye _____."

Sound familiar? That's the same struggle described in Romans 7.

Rom. 7:16 When I don't want to sin but do it anyway, what does that prove?

Rom. 7:17 Where did Paul's desire to sin come from?

Rom. 7:18a "For I know that in _____ (that is, in my _____,) dwelleth no _____ thing ..." We learned in Rom. 3:10-18 that the natural (unsaved) person is not good or righteous and does not seek God.

Rom. 7:18b "... for to _____ is present with me; but how to _____ that which is good I find not." Did Paul want to do right?

Did he have trouble doing it?

Rom. 7:19 Did he do the good things he wanted to do?

Did he do the evil he wanted to resist?

Rom. 7:20 What caused Paul to do things he didn't want to do?

Rom. 7:21 Previously when Paul used the word **Law** he was speaking of God's Law found in the Bible. Here he used **law** in a generic way, referring to a rule or guiding principle (like the law of gravity). The law Paul learned was "when I would do _____, _____ is present with me."

Rom. 7:22 Where did Paul delight in God's Law?

Rom. 7:23 Remember from last week's lesson that the word **members** refers to your limbs and body parts. What did the law in Paul's members fight against?

What did he feel he was in captivity to?

The Apostle Paul struggled with sin, just like you and I do.

Rom. 7:24 How did Paul describe himself?

What did he ask?

Rom. 7:25 Where does that deliverance come from?

"So then with the _____ I myself serve the law of _____; but with the _____ the law of _____."

This **DOES NOT** mean it is permissible to sin with your body as long as you keep your mind and heart right with God. Your body is the Temple (dwelling place) of the Holy Spirit (1 Cor. 6:19) and the Bible repeatedly tells us to avoid sin. This verse simply explains the fact that the believer's heart and mind want to do what's right, but the flesh still has sinful desires.

Concluding Thoughts: Even though you are saved and enjoy new life in Christ, the old sinful nature is still present. There is a constant struggle within to yield to either the Spirit or to the flesh.

Do you remember the analogy of the driver's seat in last week's lesson? The struggle of the Christian life is that the old sin nature and the new spiritual nature **BOTH** want to **control** your behavior. You must daily yield to the Holy Spirit and walk in the Spirit to avoid fulfilling the lustful desires of the flesh (Gal. 5:16).

Project: Use your struggle with sin this week as a reminder to yield control of your life to the indwelling Holy Spirit.