



Life's Most Important Battle: Flesh vs. Spirit

#TheStrugglesReal

Romans 7:15-25 (NIV)

I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.

Battle Plan for the Fight Against the Flesh:

I. Recognize we are in an ongoing **battle** with our flesh.

Galatians 5:17 (ESV)

For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

- Our greatest problems aren't external but **internal**.

2. Realize our flesh is defeated but still **defiant**. (Romans 7:6)

3. **Resist** the pull and purpose from our flesh!

(Romans 7:21-23; Romans 13:14; Colossians 3:9-10)

4. Knowing we have ultimate **victory** changes our outlook in the fight.

- In the Christian life, the Holy Spirit is that "**overwhelming force**" in our battle with the flesh!

5. Collapse in **worship**.

Romans 7:24-25 (NIV)

What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.

- Change our focus from our **sin** to our **Savior**.

- Our acceptance from God is not based on our **performance** for God.