

Chapter 1 : What Does the Bible Say About Overcoming Temptation?

And the fight of faith is the same as the fight to walk by the Spirit. and you will not gratify the desires of the flesh. You will have victory over temptation.

For I delivered to you as of first importance what I also received: For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Now I commend you because you remember me in everything and maintain the traditions even as I delivered them to you. But I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God. Every man who prays or prophesies with his head covered dishonors his head, but every wife who prays or prophesies with her head uncovered dishonors her head, since it is the same as if her head were shaven. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. Song of Solomon 2: Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Rise and pray that you may not enter into temptation. And lead us not into temptation. And he ate nothing during those days. And when they were ended, he was hungry. And they took as their wives any they chose. These were the mighty men who were of old, the men of renown. The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually.

Chapter 2 : Dealing With Temptation - Andrew Wommack Ministries

One thing that I long for in my eternal dwelling with Christ is to be set free from the endless battles with my theinnatdunvilla.com to be free from the desire to please others, the subtle trap of idolizing things in this world, the attempts to take control of what is not mine, and the temptation to steal God's glory!

Everyone faces temptation. But the truth is, very few people deal with it effectively. So, first and most important, you must be prepared. But, we must have had a lot of help because very few people have taken the time or made the effort to prepare. He started off as a good king who was seeking the Lord. He spent thirty years getting ready for His encounter with the devil, and He started preparing early. At the age of twelve, He was asking questions of the doctors of the Law and astounding them with His answers. He had obviously spent many hours reading and studying the Scriptures. Jesus went into the wilderness to be tempted by the devil, full of the power of the Holy Spirit. Being filled with the Holy Spirit is an absolute necessity for overcoming temptation. One way of doing that is to speak in tongues on a regular basis. Verse 21 also says we keep ourselves in the love of God when we speak in tongues. Have you ever asked the Lord to pour out His love on you? We do that by speaking in tongues. This is a powerful gift. To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: I guarantee that you do, and this verse says speaking in tongues is the way to get it. We have a tremendously powerful gift available to us through the Holy Spirit, but few people take advantage of it. Instead, we ask God to do what He told us to do. We need to use this gift of speaking in tongues to stir ourselves up, or we risk sinking to the bottom. You must also know who you are. Matthew 4 and Luke 4 record the temptation of Jesus in the wilderness. The serpent told Eve that if she would eat the forbidden fruit, she would be like God Gen. Knowing your true identity in Christ is one of the greatest defenses you can possibly have against temptation. There was also a visible sign from God when the Holy Spirit descended on Jesus in the shape of a dove. Jesus had to anchor His faith in who His Father said He was. The real temptation was never about turning stones into bread. Satan was trying to find and exploit any insecurity in Jesus. The truly fearless response would have been to walk away, secure in who we were, earning their respect through character rather than performance. It would have been sin if Jesus had doubted the words of His heavenly Father declaring who He was by placing more faith in what a miracle could say about Him. You must know who you are if you want to overcome temptation. Jesus stripped him of his power two thousand years ago, so the only thing he can really do is deceive us through our own selfish desires. The Bible tells us exactly what they are in 1 John 2: Every single temptation of the enemy is packaged in the form of the lust of the flesh, the lust of the eyes, or the pride of life. Selfishness is always the favorite playground of the devil, and when selfishness rules in our lives, we open the door to his deceptive schemes. All temptation is linked to what you think on. Therefore, control your thoughts, and you will control temptation. This is a simple but profound truth. Sooner or later, she will get pregnant. Think on the wrong things long enough, and sooner or later you will fall into sin when tempted. The Word is powerful—use it. Jesus countered every temptation of the devil with the Word. Think about it, Jesus was the Word, and everything He said would have been Scripture and more than sufficient to rebuke the devil. Take the time now to prepare yourself for those temptations that will inevitably come your way. In this album, I teach on: These are all vital to understanding and overcoming temptation.

Chapter 3 : Crucify The Flesh Spiritual War Battle Fight To The DEATH

Yes, there is still a temptation to walk in the flesh, but now I've got options I never had before. I can walk in the Spirit because the Spirit has shown me how. You see, if we have the mind of Christ and the Holy Spirit in us, then we have the option to be spiritually minded and to think like Jesus does.

What is the Flesh? While our inward man spirit is being transformed into the likeness of Christ, our outward man flesh stubbornly pulls us in the opposite direction. Paul said in Romans 7: Thankfully, this battle can be won through Jesus Christ our Lord. Your flesh is your physical, earthly body. The biblical word flesh literally means the soft substance of the living body which covers the bones and is permeated with blood. Flesh is also mortal and is naturally susceptible to fatigue, illness, and pain. The Bible tells us that "all flesh shall perish together, and man shall turn again unto dust" Job The grass withereth, and the flower thereof falleth away" I Peter 1: Your flesh by nature serves its own lusts. This is because your flesh is under the law of sin, and the law of sin ultimately leads to death. Thanks be to God Who has provided us a way of escape from the condemnation of the law of sin! Although your flesh is inclined to serve sin, your renewed mind in your spirit will serve God and bring the flesh under subjection to the Holy Spirit. So then with the mind I myself serve the law of God; but with the flesh the law of sin" Romans 7: Your flesh establishes habit patterns to help you cope with life. Flesh patterns can be defined as ways you operate independently of God. Flesh patterns may be either inherited or acquired. These include but are not limited to anger, bitterness, fear, greed, lying, materialism, addictions, obsessions, pride, overindulgence, sexual lust, and self-centeredness. Once your spirit is quickened made alive by the Holy Spirit, a renewing process begins in your mind. Then, as you learn to walk in the Spirit, old flesh patterns will gradually be overridden. Your flesh cannot please God. The works of the flesh include "adultery, fornication, uncleanness, lasciv- iousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: While these fleshly works obviously do not please God, the Bible says that even our righteousness "good" flesh is as filthy rags in the sight of a holy God see Isaiah We are made righteous before God only through the blood of His Son and by the renewing work of the Holy Spirit. Fleshly works can never make us "more righteous" before God. Your flesh is sown into when you fulfill legitimate needs such as a need for love with illegitimate acts. Proverbs warns about the way of a strange woman, whose seduction is as a honeycomb but her path leads straight to hell. Take warning, lest "thou mourn at the last, when thy flesh and thy body are consumed" Proverbs 5: Paul tells us to "flee fornication, [for] every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body" I Corinthians 6: The tug-of-war between the lusts of your flesh and the renewed spirit in Christ is, in fact, a battle for your soul. If you indulge the lusts of the flesh, you can backslide away from the Lord. Your flesh can only be conquered by the power of the Holy Spirit. Just as you could not save yourself from the bondage of sin, neither can you live a life worthy of Christ without His life and power flowing through you. Now if any man have not the Spirit of Christ, he is none of his" Romans 8: Paul taught that even though we still are in a fleshly body, we must wage warfare through the spirit: For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds" II Corinthians Paul also said that it is impossible to fulfill the lusts of the flesh when you walk in the Spirit. For the flesh lusteth against the Spirit, and the Spirit against the flesh: Your flesh must be brought under subjection to the Holy Spirit. If you are a new creation in Christ, your body is the temple of the Holy Spirit and should be cared for accordingly. Therefore, learn to obey the promptings of the Holy Spirit so you do not give in to or make provision for the demands of the flesh. When you walk in obedience to the Holy Spirit, you are not under condemnation. Your flesh may have a "thorn" to keep you humble. What is a "thorn in the flesh"? A thorn may be a disability, failing health, or agent of persecution; essentially, anything that irritates you in the natural but has potential to bring spiritual benefit. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory" II Corinthians 4: Paul saw the eternal benefits of suffering for Jesus and knew that those who suffer with Christ will also reign with Him II Timothy 2: Jesus Christ was born into human flesh and blood, yet was without sin. God was manifest in the

flesh, justified in the Spirit" I Timothy 3: Jesus overcame all temptations of the flesh because He was led by the Holy Spirit. We are called to follow His example see Philippians 2: Jesus became the "firstborn among many brethren" Romans 8: Those who hear the Word of God and obey it are His brethren Luke 8: In summary, we see that the flesh is our human body with its weaknesses, and that by nature our flesh serves the law of sin. However, when we are spiritually born again we receive the mind of Christ and His power the Holy Spirit whereby we can overcome the lusts of the flesh. Thanks be to God, that He has "given unto us exceeding great and precious promises:

Chapter 4 : Lesson The War Within (Romans) | theinnatdunvilla.com

If the temptation comes out of our own lust the scripture instructs us, "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh"(Galatians). To walk in the Spirit means to live in prayer and in the Word of God.

We have just gotten back together and he is tempted by the girl he had an affair with. Please Pray that he is not tempted and Pray that I not get tempted to sin in the midst of all that is happening, and let the devil trick me into thinking that I doing something for a purpose and it is actually sinful and I need to not do it. Ellie May 4, at 9: He cares about me, but I know he loves his wife more. I want to have the strength to remove myself from his life so he can save his marriage. I am now pregnant. I know I have made a huge mistake. I am very good in school and I want to stay in school. I need an education to take care of this baby. I feel so irresponsible. Teenagers should worry about homework and nail polish, not babies. Worried that I will never be forgiven. My parents have been in out of my life for a few years now. Please, any guidance you have to offer would be amazing. Jack Wellman May 4, at 9: I am so sorry. Not just speaking as a pastor here but let me ask you€are you a sophomore or a junior or senior? Do you live with your parents? They will find out in time, right? Or do you not live with them at all and live on your own? This teachers should be supporting you. This man has also broken the law. Jesus died for all your sins€so now, its time to reach out for help. Maybe he is already having affairs with other young ladies to, for all you know. You must tell him and the administration or at least talk to the school counselor. This man broke the law, you did not, even though you sinned too but you can be forgiven if you have repented and put your trust in Christ. Have you ever been born again? I think you need to tell someone€this is too much for your shoulders. Do you have a church pastor. Talk to someone immediately. I will pray for you. Please let me know what you do and I will keep you in prayer but you must confide in someone. I know that sounds harsh but how many other young ladies has he done this too. Romans chapter 13 commands that we must obey the authorizes who have been placed there by God. Angel May 11, at 4: Today I am struggling with an addiction that I know is not right for a woman of God. I am addicted to Porn, there are days I can go without it but I find myself right back watching it again. Jack Wellman May 11, at 4: We actually have a specific article designed to help believes like you. You cannot do this in your own strength, as you probably already know. I know its going to be a bit embarrassing, being man or a woman, but swallow your pride. I felt as though I was being tempted all week. I went out partying with friends and knew inside that it was NOT what God wanted. I deliberately disobeyed God by doing as I wished instead of seeking him first. It only made things worst. I ended up seeking comfort from someone that God had told me to let go. I woke up the next day feeling guilty and depressed.

Chapter 5 : 34 Bible verses about Temptation, Resisting

"This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh." Galatians There is so much power and authority in the Word of God; He has left it with us as a weapon against the enemy of our souls.

You can catch up on our 31 Days of Fasting in January here! Fighting Temptation while Fasting. Giving a little encouragement to those who are fasting today. Any time you decide to draw closer to Jesus, long to be more like Him or desire to hear His voice in your life, the enemy is going to be right there taunting and doing everything in his power to cause you to fail. Even Jesus was tempted! So, how did Jesus fight temptation when He was fasting? With the Word of God! And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. Perseverance must finish its work so that you may be mature and complete, not lacking anything. Resist the devil, and he will flee from you. Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. Maybe it is your favorite food or your morning coffee, sure, it is difficult to drive past your most loved coffee shop on the way to work; but that is what makes it a sacrifice. When the temptations come, quote the Word out loud and the enemy has to go because the Bible declares it. There is so much power and authority in the Word of God; He has left it with us as a weapon against the enemy of our souls. So, whether your temptations are physical or spiritual, God is able to give you strength to overcome. Go to my post here on Overnight Oatmeal in a Jar! It is the best breakfast with so many variations and it is Daniel Fast friendly. Twenty one devotions and three days of preparation devotions, you will be encouraged and learn about nearly every fast that took place in the Bible. The good and the bad! Yes, there were those whose fasting was NOT unto the Lord. You can click on any of these links and order from Amazon on the Kindle or paperback.

Chapter 6 : Contemplative Homeschool Battling the temptations of the flesh |

Temptation is something we all face as Christians, no matter how long we have been following Christ. But there are a few practical things we can do to grow stronger and smarter in our struggle against sin. We can learn how to overcome temptation by practicing these five steps. James explains.

Though it is basic and fundamental to the Scriptures regarding the Christian life, very few in our day seem to be aware of the fight-to-death conflict Christians are in with their sinful nature or flesh. He crucified it to come to get born again Gal. Christians are like spiritual gladiators who must fight the sinful nature till the death. The sinful nature will fight back, and sometimes very hard, but you must overcome it, as a gladiator in mortal combat with his enemy. This is all under grace and is not legalism or a works salvation. You must overcome in this battle with sin or be lost eternally. Crucify The Flesh Verse - Romans 8: Dear saint, here are the facts - like them or not: Therefore, brothers, we have an obligation - but it is not to the sinful nature, to live according to it. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live Rom. A saint will either stay alive spiritually or die spiritually based on his choice to either start to live according to the sinful nature flesh or by the Spirit put to death the misdeeds of the body. The Christian must kill put to death the misdeeds of the body or they will spiritually kill him through sin. This also allows for our choice to sin or not to be adversely influenced by the tempter, false teachings such as eternal security and Calvinism, persecutions, the cares of this life, etc. Hence, we must take serious precautions such as being alert and self controlled 1 Peter 5: Such will prove to be a matter of life or death. We must hold on and remain on guard as we follow Jesus or be lethally affected by sin because of the sinful nature flesh. Paul also taught this: But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness. I put this in human terms because you are weak in your natural selves. Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness. NOTE what Paul wrote the saints: And do this, understanding the present time. The hour has come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Read about the Gospel Of Greed. In the above two passages we learned what is included in the sinful nature Col. Not thinking about how to gratify the sinful nature but instead thinking about how to please God is the key Rom. Remember that precious truth. Our Thought Life Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace Rom 8: That passage shows our behavior is the result of the thoughts we ponder either to gratify the flesh or the Spirit. Change your thought life and your behavior will change. That is how you crucify the flesh. This fact is one of the primary reasons why all Christians should be memorizing Scripture and talking about God and the things of God as often as possible throughout the day and night. The thought life is also where the devil will tempt. The devil will give us thoughts and imaginations, tempting us to do evil. Paul took captive every thought: We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. The devil will give you thoughts every day and sometimes those thoughts will be very subtle to slowly lure you away from God. You will need the whole armor of God to stand against his wiles Eph. So now you know how to put to death the sinful nature - that is, give no place to sinful thoughts. When temptations come, resist and reject

them. Walk in the Spirit ponder thoughts of how to please the Spirit of God and you will not fulfil the lusts of the flesh Gal. This is the all-encompassing way you can overcome evil with good Rom. What you do about this battle with your sinful nature and how it turns out will affect you throughout all eternity: Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified 1 Cor. The acts of the sinful nature are obvious: I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Chapter 7 : 2 Corinthians For though we live in the flesh, we do not wage war according to the flesh.

Walk in the Spirit (ponder thoughts of how to please the Spirit of God) and you will not fulfil the lusts of the flesh (Gal.). Fill your mind with God's truth and how to please Him. This is the victory in this battle to enter God's kingdom (to crucify the flesh).

How to Overcome the Flesh Written by Jon Snyder Most people who are parents, or have had parents, can relate to a scenario like this: Christians are in a similar conundrum. How do we actually find freedom? It is like this: You sure are mixed up. Maybe you take a wise course correction and at least start driving in roughly the right direction. But most likely this type of scenario would create confusion and frustration that leave you feeling more lost. Paul writes in Colossians 2: These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh. Did you get that? How to Overcome the Flesh The Bible makes it crystal clear how we overcome the flesh. Walk in the Spirit and you shall not fulfill the lust of the flesh. Different writers refer to it in different terms: And without fail, these concepts are contrasted with their counterpart: Without fail, these passages shout from the rooftops: The devil has taken this simple answer and made it more complicated and overly-mystical than it needs to be. Most of the instruction out there on walking in the Spirit is either too vague, too weird, or too impractical to do us any real good. If we try to fight it, we are fighting in a carnally minded way. Walking in the Spirit All of us have been trained by the world from the minute we drew our first breath. So when we come up against temptation again, we are inclined to go down that path again and again, unless, through the Spirit, we are given a new way to think and walk altogether. Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. We can start to view people and temptations the same way Jesus would view them if He were walking in our bodies because He is! Renewing your mind is an activity you can initiate at any time with the Holy Spirit who is living in you. If you wait until then, it is too late. Walking in the Spirit starts now. Even as you read this, sit and ask God to give you new ways of thinking, new ways of seeing, new ways of feeling and watch as God puts His thoughts in you. He gives you new perspectives. He fills you with His love. Then when you are later confronted with temptation, you already know how you are going to think, feel and walk. It was as if new pathways, new ways of thinking were being formed in my mind. Similarly I allowed God to reshape my thinking about that person. The things that used to trigger lust in me, a scantily clad woman for example, now elicit a totally different response in my heart. This way of thinking has re-trained my soul to be moved in love rather than inflamed in lust. The same trigger has become a catalyst for the Holy Spirit to be released in me rather than for lust to be resurrected in me. I can walk in the Spirit because the Spirit has shown me how. You see, if we have the mind of Christ and the Holy Spirit in us, then we have the option to be spiritually minded and to think like Jesus does. And you already have the tools in God to get the proper directions. After battling with lust and pornography since childhood and trying everything under the sun to quit, it was a unique encounter with the love of God and its subsequent lessons that began to unravel a lifetime of bondage and bring about true freedom. Jon now sees these same lessons radically set men free world-over. Find out 5 distinct ways that porn warps your brain, as well as 5 biblical ways to renew your mind and find freedom. Thank you, Jon, and Covenant Eyes for giving me tools to help in this great task.

Chapter 8 : Temptation - What The Bible Says

Temptation, Resisting. Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of.

I feel like God hates me because I have failed to many times. How can I try to run to him if I feel like he hates me? I have some theological advice for you, and some practical advice. Firstly, on a theological level. The guilt you feel over what you are doing is normal, and its right to feel guilty for sin. However, at the same time you need to keep in mind the message of the gospel - that Jesus Christ has paid completely for all of your sin. For the law of th Spirit of life has set you free in Christ Jesus from the law of sin and death. God has done what the law, weakened by the flesh, could not do. By sending his own son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but the Spirit. There are several things to point out from it: Even when we become Christians, we are not rid of it completely but are encouraged to fight against it. The truth is that internet pornography is probably something that you are going to have to battle with your whole life long. However, the gospel means that we are not helpless in our struggle Eph 2: Satan will always try to make you feel like its not, and make you doubt your salvation, eg. God will always accept you because of Jesus. Secondly, on a practical level. We men always have to watch our own godliness, especially on the internet. There are systems that you can put in place to help you in this. Where I study, at Moore Theological College, we all use an accountability system. Find a godly man that you can trust, if you are married then you may ask your wife, and ask that person to pray for you, and check up on you. Obviously this is going to have to be somebody you know well and trust. It can be nerve wracking to ask someone to do this for you, but you would be surprised how much less tempting dodgy sites on the internet might become if you know that someone will ask you about what you were doing. Hope that helps, Trey.

Chapter 9 : How can I overcome temptation?

The nature of sin and temptation is a frequent topic of discussion throughout the bible - simply turn to a passage like Romans for an illuminating perspective on the difficulty of struggling against temptation: "For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that.

Related Media I recently saw a bumper sticker with the peace symbol around the border. It showed two children with their arms around each other. But as long as sin is in this world, we need arms not only to hug one another, but also to fight against enemies that seek to destroy us. As unpleasant as it is, the reality of life in this fallen world includes conflict. We all want peaceful lives. Perhaps you came to Christ because someone told you that in Him, you would find peace. In Christ, we experience peace with God Rom. Christ is the basis for peace between believers Eph. As much as is possible, we are to be at peace with all people Rom. And, in Christ we come to know a sense of inner peace, even in the face of tribulation, that we lacked before John. And, as every Christian knows, there is a fierce inner battle that goes on between the flesh and the spirit, the old man and the new Gal. If we do not learn how to overcome the strong inner urge to gratify the flesh, sin will take us captive and enslave us. Paul describes this war within in Romans 7: Others argue that Paul is describing the ongoing battle that he was experiencing as he wrote. Even mature believers have to fight this battle against indwelling sin as long as they live. While I agree that mature believers must fight a continual battle against indwelling sin the flesh or the old sin nature , I disagree that such a description adequately explains these verses. Paul is not just describing a battle here, but a losing battle. He describes himself as 7: He was a prisoner of the law of sin 7: We looked at the first two cycles 7: Now we come to the third time around the merry-go-round, which follows the same three-fold progression: Fact, proof, and conclusion: I reject the view that he was writing primarily about his struggle as a mature believer because while mature believers struggle with sin and sometimes lose the battle, they do not live in perpetual defeat and bondage to sin. I contend that these verses primarily describe an immature believer who has not yet come to understand that he is no longer under the law, but under grace. He has not yet learned to rely on the indwelling Holy Spirit to overcome the lusts of the flesh. There is no mention of the Spirit here, but much is said of the Spirit in chapter 8. But at the same time, the war that Paul describes here does go on, even for mature believers. The difference is that while sin is winning the war in chapter 7, Paul through the Holy Spirit is winning against sin in chapter 8. We do not have to yield repeatedly to sin, which is the frustrating cycle that Paul describes here. This third cycle teaches us: To win the war within, we must understand the magnitude of the inner conflict so that in despair we cry out to God for deliverance. Who will deliver me from the body of this death? So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin. I see three lessons in our text: To win the war within, we must understand the nature and magnitude of the conflict between indwelling sin and the new man. The Christian life is a constant battle against the world, the flesh, and the devil. Here the focus is on the flesh. He discovered this truth in the school of hard knocks. And so he portrays here the two combatants in this battle. We can picture them as boxers: The reigning champion, the old man, waging war in my members to make me a prisoner. Paul uses several terms here to describe the evil within. While they have different nuances, they basically describe the same thing: All of these terms refer to the old man and its method of operation. The old man is not eradicated at conversion, but continues to be corrupted according to the lusts of deceit Eph. As we saw last time, positionally the old man was crucified with Christ, in order that our body of sin might be done away with Rom. But practically, we have to reckon this to be true in our daily experience by putting it off Rom. Note how the old man operates: The old man the flesh, indwelling sin operates according to a law. In this sense, it rules us and with authority tells us how to live although wrongly! It promises rewards if we obey it: It operates as a law, commanding us, threatening us, and enticing us. The old man operates by waging a cunning, relentless war. In other words, sin is subtle and cunning. It lures you into traps where you get ambushed. It keeps coming at you until it brings you down. The old man operates through our bodies. We need to be careful here or we could fall into an error that became prevalent in the early church. Gnosticism taught that the body is inherently evil, whereas the spirit is good.

This led to two different extremes. Some said that since the body is evil, we must treat it harshly by depriving ourselves of food, comfort, and physical pleasure. This is asceticism, which Paul strongly condemns Col. The other extreme was that some said that since the body is evil anyway, you might as well indulge it. What the body does is unrelated to the spirit. So you could indulge in sexual immorality, but at the same time claim that your spirit was not in sin. Since Paul elsewhere clearly denounces these errors, we would be mistaken to take his teaching here in that way. Rather, he is saying that the law of sin works through his physical body and manifests itself in evil deeds. But it takes his entire person captive 7: In this sense, by his members, Paul means his flesh 7: Temptation always begins in our minds, but it appeals to and works its way out through our bodies. Thus one strategy against sin is to make it your aim always to glorify God with your body 1 Cor. The old man operates through strong compulsion or feelings, not through reason alone. Sin uses reason, however faulty, to appeal to us. Satan reasoned with Eve that God surely would not impose the death penalty for eating a little piece of fruit. The fall brought our minds as well as our bodies into captivity to sin. But in addition to reason, temptation always appeals to our feelings. In fact, sin is usually irrational. In the other corner: The new challenger, the inner man, joyfully concurring with the law of God. Paul wants to do good 7: This must refer to the mind of a regenerate man. You have a new love for Christ, who gave Himself on the cross for you. You long to be holy, just as Jesus is holy. You hate your own sin. And yet, at the same time, you know that in your flesh there is still a strong desire to do evil. In new believers, the desires of the old nature the reigning champion often win out over the new desires of the new nature the new challenger until the new believer learns how to fight. But mature believers have learned to put on the new man and put off the old, so that they experience consistent victory over sin. But before we begin to see consistent victory, we often experience frustrating defeats because of the power of the reigning champion, the old man. Deliverance in this conflict consists of consistent victory over sin in this life and perfect, permanent victory in the resurrection. We lash out in anger at our loved ones. We act selfishly with no regard for others. We see a seductive woman and lust floods into our thoughts. But I do not see Paul describing here a lack of perfection, but rather a lack of obedience. He is not doing what he knows to be right. He is practicing what he knows to be wrong. He is failing completely. I agree with Martyn Lloyd-Jones Romans: Its Functions and Limits [Zondervan], p. So let me make three observations to try to picture what deliverance looks like: