



ROMANS PART 2 - WHY NOT KEEP SINNING?

Romans Part 2: A New Humanity – Struggling with the Flesh **Romans 7:14–25** **Big Idea**

In Christ, believers are no longer condemned or enslaved to sin, but are being transformed into a new humanity through the power of the Holy Spirit.

Context: The Struggle Within

In Romans 7, Paul continues to explain why the law cannot ultimately solve humanity's problem. God's law is good, but sin is so powerful that it twists even good things and exposes our weakness.

The issue isn't that we are human. Humanity was created in God's image and designed to reflect His character. The problem is that sin has corrupted our humanity. Paul describes this corruption as "the flesh"—our sinful nature that continues to pull us away from God's purposes.

Believers have been set free from sin's ultimate power, but the battle is not over. We still experience the tension between our desire to follow God and the pull of the flesh.

1. Because the Problem Runs Deeper Than Bad Behaviour

Romans 7:14–20

Paul openly admits:

"I want to do what is right, but I don't do it."

Sin is not merely a series of bad choices. It is an enslaving power that corrupts and distorts human life.

Even when we know what is right and genuinely desire to obey God, we discover that our own strength is insufficient.

The Christian struggle reminds us that:

Rules cannot change the heart.
Willpower cannot defeat sin.
Human effort alone is not enough.

The battle with sin reveals just how much we need God's grace.

2. Because Our Deepest Desire Is Often at War with Our Strongest Desires

Romans 7:21–23

Paul describes an internal conflict:

"There is another power within me that is at war with my mind."

Those who belong to Christ often experience this tension.

Deep down, we desire to love God and follow Him. Yet the desires of the flesh continue to compete for control.

This struggle should not surprise us.

Growth in Christ is often marked by:

One step forward and two steps back.
Victories mixed with failures.
Learning to rely less on ourselves and more on the Spirit.

The presence of the struggle itself is evidence that God is at work within us.

3. Because We Need a Savior, Not a System

Romans 7:24–25

Paul cries out:

"Who will free me from this life dominated by sin and death?"

Notice that Paul asks "Who?" not "What?"

The answer is not:

More rules.
Better habits.
Greater discipline.
Religious performance.

The answer is Jesus Christ.

"Thank God! The answer is in Jesus Christ our Lord."

Freedom from sin is found in a Person, not a program.

4. Because Life in the Spirit Is God's Goal

Romans 8:1–2

Paul's struggle leads directly into the hope of chapter 8.

"There is now no condemnation for those who belong to Christ Jesus."

Believers are no longer defined by failure or condemned by their struggle.

Instead, we belong to Christ and are being transformed by the power of the Holy Spirit.

God's Spirit is stronger than:

Sin.
Death.
The flesh.
Even our strongest desires.

Life in the Spirit is not perfection, but a growing alignment between God's desires and our own.

Conclusion: Live According to Your New Identity

Romans 7 reminds us that the Christian life is a battle.

Life according to the flesh produces frustration, slavery, and death.

Life in the Spirit produces freedom, transformation, and hope.

Jesus did not simply come to forgive sinners. He came to rescue humanity from the power of sin and restore us to the life God intended.

Why not give up in the struggle?

Because:

Sin is not your identity.
Sin is not your master.
You are not condemned.
Jesus has given you His Spirit.

Real transformation is possible.

Study & Discussion

- Why is it important to understand sin as a power and not merely bad behaviour?
- In what areas do you most experience the tension between your deepest desires and your strongest desires?
- Why can rules and willpower never bring lasting transformation?
- What does it mean to live from "no condemnation" rather than guilt and shame?
- How does life in the Spirit offer hope in the midst of the struggle?
- Practice of the Week: Live from "No Condemnation"

When you struggle with sin this week:

Acknowledge the reality of the battle.

Turn to Jesus rather than relying on yourself.

Remind yourself:

"I belong to Christ. I am not condemned."

Instead of allowing guilt and shame to drive you away from God, allow His grace to draw you back into fellowship with Him.

Goal of the Week

Not simply to fight harder against sin, but to learn to live by the Spirit, trusting that God is making us into the new humanity He is creating through Christ.