

# “The Struggle With Self”

Part IV

## Key Scripture

### Romans 7:14-25 (NIV)

14 We know that *the law is spiritual*, but *I am unspiritual, sold as a slave to sin*.

15 *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 *I know that nothing good lives 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 what I do is not the good I want to do; no, 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: WHEN 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 the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.*

24 *What a wretched man I am! Who will rescue me from this body of death?*

25 *Thanks be to God--through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.*

# ***Week One...***

## ***The Reality of Contrast***

*“The Law vs. The Sinful Nature”*

## ***The Reality of Conflict***

*“I Desire To Do Good vs. I Keep Doing Wrong”*

## ***The Reality of Confession***

*“I Can’t Do What’s Right”*

## ***The Reality of the Challenge***

*“The Spirit Is Willing, But The Flesh Is Weak”*

## ***The Reality of the Conquering***

*“Jesus Christ Gives Me the Power To Overcome The Struggle”*

## *Week Two...*

*There Will Be Some Key Factors To Overcoming The Struggle With Self....*

*God Puts Us In Perfect **Situations** For His Glory*

*God Gives Us The **Scripture** As The Source of Power*

*The Enemy Will Temp Us With **Sinful** Desires Within **Self***

*We Were **Sold to Slave of Sin**... But Have Been Redeemed Through Christ*

## *Week Three...*

*More Key Factors To Overcoming The Struggle With Self....*

*We Must Have An Awareness Of Our Sinful Desires*

*We Must Apply Spiritual Discipline Daily*

*Without Spiritual Discipline, We Cannot Successfully Do What Is Required By God*

*This Leads To A Total Dependence on the Spirit*

*Then We Can Truly Say....*

*I Can Do ALL THINGS Through Christ Who Strengthens Me*

## Recap...

Throughout this series, we have discussed the concerns about **OUR SITUATION...**

In order to grow spiritually, we must examine the **INTERNAL STRUGGLE**, not just the **EXTERNAL SITUATION...**

If you can conquer the **INTERNAL STRUGGLE**, You can function effectively in every **EXTERNAL SITUATION**

## How Do We Conquer The Flesh

### Romans 7:24-25 (NLT)

24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?

25 Thank God! The answer is in Jesus Christ our Lord. So you see how it is: **IN MY MIND**

*I really want to obey God's law, but because of my sinful nature, I am a slave to sin.*

*There Is A Contrast.... There is Conflict....*

*But we have been given assurance of **DIVINE VICTORY***

*The Power Of Sin has Been Defeated*

*The Penalty of Sin has Been Paid*

*How Do I Conquer **Sin's Presence** That Resides **In My Flesh**?*

***Divine Sovereignty and Human Responsibility***

*The Holy Spirit Has A Role and We Have A Responsibility*

# Bring Your Thoughts Under Control

The **WORKS OF THE FLESH** Do not Begin with Action, but **THOUGHTS**....

It is said that **EVERY BATTLE** is won or lost **IN THE MIND**. This applies to the battle against the flesh. Let the Spirit govern your thoughts. Before you **DWELL** too much on any thought, **ASK YOURSELF IF THAT IS GOING TO LEAD YOU TO SIN**....

If it is, **DISMISS IT** before it goes beyond being a **SIMPLE THOUGHT** to becoming a **SINFUL ACT**.

## Capture Your Thoughts

**2 Corinthians 10:3-5 (NLT)**

**3** We are human, but we don't wage war as humans do.

**4** We use **God's mighty weapons**, not worldly weapons, **to knock down the strongholds of human reasoning** and to **DESTROY FALSE ARGUMENTS**. **5** We destroy every proud obstacle that keeps people from **KNOWING GOD**.  
**WE CAPTURE THEIR REBELLIOUS THOUGHTS AND TEACH THEM TO OBEY CHRIST.**

## Control Your Thoughts

**Philippians 4:8 (NLT)**

**8** And now, dear brothers and sisters, one final thing. **FIX YOUR THOUGHTS** on what is true, and honorable, and right, and pure, and lovely, and admirable. **THINK ABOUT THINGS** that are excellent and worthy of praise.

*As A Person Thinks..... So Is He!*

# Meditate On God's Word Daily

As you **PLACE GOD'S WORD DEEP IN YOUR HEART**, it **transforms your thinking and living**.  
It **keeps you from sin** and **gives you strength when tempted**. When you do sin,  
**IT SHOWS YOU HOW TO GET BACK TO THE LORD**.

Reading the word every day gives you **a daily reminder of the standards** by which you should live...  
It **refreshes your mind and Spirit** and keeps you focused.

The great American Evangelist Dwight L. Moody once said,  
**"THE BIBLE WILL KEEP YOU FROM SIN, AND SIN WILL KEEP YOU FROM THE BIBLE."**

## Preventive

*Psalms 119:11 (NKJV)*

11 Your word I have **hidden in my heart**, That I might not **sin against You!**

*Hebrews 4:12*

For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and **able to judge the thoughts and intentions of the heart**.

## Productive

*Joshua 1:8 (NKJV)*

8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then **YOU WILL MAKE YOUR WAY PROSPEROUS**,  
and **THEN YOU WILL HAVE GOOD SUCCESS**.



# Make Prayer A Habit

Remember the battle against the flesh is **not a physical battle**;  
it is **a spiritual battle**, so you've got to **USE THE RIGHT WEAPONS TO FIGHT**.

*Matthew 26:41 (ESV)*

**41 WATCH AND PRAY** that you may not **enter into temptation**. The spirit indeed is willing, but the **flesh is weak**.”

## Prayer Gives Us the Power To Do It ~ But It Will Not Do It For Us

*Jeremiah 33:3 (NKJV)*

**3** 'Call to Me, and I will answer you, and **show you great and mighty things**, which you do not know.'

*Philippians 4:6-7 (NKJV)*

**6** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **7** and the peace of God, which surpasses all understanding, **will guard your hearts and minds through Christ Jesus**.

*1 Corinthians 10:13 (NKJV)*

**13** No temptation has overtaken you except such as is common to man; but God is faithful, **who will not allow you to be tempted beyond what you are able**, but with the temptation **will also make the way of escape**,  
**THAT YOU MAY BE ABLE TO BEAR IT**.

# Don't Overestimate Yourself

I can handle the *small things*,  
I go to God for all the *BIG STUFF* that I can't handle

You might *think* you would not give in to any temptation because *you are strong and have overcome the flesh* through Jesus... *but since you live in the corruptible body*, you are *prone to the sinful desires of the flesh*.

*Galatians 6:3 (NKJV)*

3 For if anyone *thinks himself to be something*, when he is nothing, *he deceives himself*.

*Romans 12:3 (NKJV)*

3 For I say, through the grace given to me, to everyone who is among you, not to *think of himself more highly than he ought to think*, but to think soberly, as God has dealt to each one a measure of faith.

*Romans 12:16 (NLT)*

16 Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people.  
*AND DON'T THINK YOU KNOW IT ALL!*

Don't Allow Too Many *Victories* Cause You To Become *Vulnerable*

# Be Accountable To Somebody

You should find someone or a small group of people *who are strong in the faith and are committed to spiritual growth* **TO BE ACCOUNTABLE.**

Creating accountability for yourself *makes you more careful not to sin and keeps you alert.* God uses others to **REBUKE AND DISCIPLINE YOU** when you are wrong because he loves you.

When choosing someone to open up to and ask to hold you accountable, it should be *someone you trust and respect, with a track record of action and speech reflecting spiritual maturity.*

*Proverbs 27:17 (NASB)*

17 Iron sharpens iron, So one man *sharpens another.*

*Ecclesiastes 4:9-12 (ESV)*

9 *Two are better than one* because they have a good reward for their toil.

10 For if they fall, *one will lift up his fellow.* But woe to him *who is alone when he falls and has not another to lift him up!* 11 Again, if two lie together, they keep warm, but how can one keep warm alone?

12 And though a man might prevail against one who is alone, two will withstand him—

**A THREEFOLD CORD IS NOT QUICKLY BROKEN.**

## Who Is Holding You Accountable?

# *In Conclusion*

*Keys To Conquering The Desires of the Flesh*

*We Must Bring Our Thoughts Under Control*

*We Must Meditate On God's Word Daily*

*We Must Make Prayer A Habit*

*We Must Not Overestimate Ourselves*

*We Must Have Someone To Hold Us Accountable*