

I. The Honest Christian's Admission (14, 18)

- A. There is an internal conflict (14) - "For we know that the law is spiritual, but I am of the flesh, sold under sin."
- B. There is a necessary confession (18) - "For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out."

II. The Warring Christian's Reality (15-19)

- A. The battle wearies us (15) - "For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."
- B. The battle awakens us (16-17) - " Now if I do what I do not want, I agree with the law, that it is good. 17 So now it is no longer I who do it, but sin that dwells within me."
- C. The battle astounds us (19) - "For I do not do the good I want, but the evil I do not want is what I keep on doing."

III. The Thinking Christian's Enlightenment (20-23)

- A. Enlightened about the power of sin (20) - "Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me."
- B. Enlightened about the presence of temptation (21) - "So I find it to be a law that when I want to do right, evil lies close at hand."
- C. Enlightened about the activity of God (22) - "For I delight in the law of God, in my inner being..."
- D. Enlightened about the stubbornness of the flesh (23) - "...but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members."

IV. The Desperate Christian's Confidence (24-25)

- A. We run to the fight (24) - "Wretched man that I am! Who will deliver me from this body of death?"
- B. We fully expect to win the fight (25) - "Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin."