

### What a wretched man I am!

**Human nature seems to think it's missing out** -Rom 7:7-8 - 7 What shall we say, then? Is the law sin? Certainly not! Indeed I would not have known what sin was except through the law. For I would not have known what coveting really was if the law had not said, "Do not covet." 8 But sin, seizing the opportunity afforded by the commandment, produced in me every kind of covetous desire.

**We MUST realize what we are when we are not living in Christ** - Rom 7:14-24 - 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?

**Christ saved us from...US!** - Rom 7:25-8:4 - 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. 8:1 Therefore, there is now no condemnation for those WHO ARE IN Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. 3 For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man, 4 in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

### To be saved requires a choice and responsibility –

Rom 8:5-17 - 5 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**\*. 6 The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; 7 the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. 8 Those controlled by the sinful nature cannot please God. 9 You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. 10 But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you. 12 Therefore, brothers, **we have an obligation** — but it is not to the sinful nature, to live according to it. 13 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, 14 because those who are led by the Spirit of God are sons of God. 15 For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." 16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs — heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Gal 5:24-25-24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. 25 **Since we live by the Spirit, let us keep in step with the Spirit.**

\*Most of what the Spirit desires can be found in the Bible.

### \*Satan has succeeded in disguising some "Sinful Natured" things as Godly:

- Partnering in dangerous relationships **by** looking to please self and not obey God
- Making family and friends happy **by** neglecting Godly Roles
- Gaining success in your career **by** pushing God to the Back and you up front.

\* Satan makes it seem like mixing "fleshly happiness" with Godliness is possible, while it's really not.

**Our choice is a matter of eternal life and death** - Gal 6:7-10 - 7 **Do not be deceived:** God cannot be mocked. A man reaps what he sows. 8 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. 9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. 10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

**There is a reason for the suffering in Christ** - Rom 8:18-21 - 18 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. 19 The creation waits in eager expectation for the sons of God to be revealed. 20 For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21 that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God.

**All things you go through as a Christian are for a reason** - Rom 8:28 - 28 And we know that in all things God works **for the good of those who love him,** who have been called according to his purpose.

## How to LIVE for the Spirit

**Deny Self!!** - Matt 16:24 - 24 Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me.

**Get to know Christ the CORRECT way and change accordingly** - Eph 4:20-25 - 20 You, however, did not come to know Christ that way. 21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness. 25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

**Once we are saved there is a duel process going on. We must live for what's being renewed and not what's wasting away** - 2 Cor 4:16-18 - 16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

**We must recognize it's no longer "I" living but its Christ living through me as I live by faith** -Gal 2:20-21 -20 I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. 21 **I do not set aside the grace of God,** for if righteousness could be gained through the law, Christ died for nothing!"

**Now that we are empowered we must live empowered** - Rom 13:11-14 - 11 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. 12 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. 13 Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. 14 **Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.**

**Check to see if we still display "worldly" attributes** - 1 Cor 3:1-3 - Brothers, I could not address you as spiritual but as worldly — mere infants in Christ. 2 I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. 3 You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?

**Don't let your freedom be your destruction** - Gal 5:13-18 - 13 You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. 14 The entire law is summed up in a single command: "Love your neighbor as yourself." 15 If you keep on biting and devouring each other, watch out or you will be destroyed by each other. 16 So I say, **live by the Spirit, and you will not gratify the desires of the sinful nature.** 17 For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. 18 But if you are led by the Spirit, you are not under law.

## Some specific things we need to do to live for the Spirit

Eph 4:26-32 - 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 **Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.** 32 **Be kind and compassionate** to one another, forgiving each other, just as in Christ God forgave you.

Col 3:5-9 - 5 **Put to death,** therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming. 7 You used to walk in these ways, in the life you once lived. 8 But **now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language** from your lips. 9 Do not lie to each other, since you have taken off your old self with its practices

**In a nutshell** - Col 3:12-17 - 12 Therefore, **as God's chosen people,** holy and dearly loved, **clothe yourselves with compassion, kindness, humility, gentleness and patience.** 13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity. 15 **LET** the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 16 **LET** the word of Christ dwell in you richly **as you teach and admonish** one another with all wisdom, and **as you sing psalms, hymns and spiritual songs** with gratitude in your hearts to God. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.