

“Why Do I Keep
Sinning As A Believer
And How Can I Have
Breakthroughs?”

Romans 7:14-25

Romans 7:14-25

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 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Romans 7:14-25

¹⁹ For I do not do the good I want to do, but 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: Although 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 me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

Romans 7:14-25

²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.

This is the Word of the Lord.

Thanks be to God.

An Old Christian Joke

- A man went to see his pastor & confessed that he had committed the same sin again.
- The pastor asked him, “When you were tempted, did you try rebuking the devil?”

An Old Christian Joke

- The man said, “Yes, Pastor. I told the devil, ‘Get behind me, Satan!’”
- The pastor then asked, “And what happened?”

An Old Christian Joke

- The man replied, “Well, he got behind me and gave me a push!”

Romans 7:18-19

¹⁸ For I know that good itself does not dwell 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 I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

1. **Abraham** struggled to trust God and lied that his wife Sarah was his sister because he was afraid that the Egyptians would kill him because of her beauty. He did it again when King Abimelek saw Sarah and took her for himself.

2. **King David** struggled with sexual temptation and committed adultery. He then committed murder because he feared that his adultery would be found out.

3. **The Prophet Jonah** struggled with obedience even though he knew exactly what God wanted him to do. Instead, he chose to run away from God's command.

4. **Peter, one of the twelve disciples**, struggled with fear even though he openly declared that he was willing to die for Jesus. Yet, when Jesus was arrested, Peter became afraid and publicly denied Him three times.

Romans 7:22-23

²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

Galatians 5:19-21

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like.

The Baby Crocodile Illustration



*For Personal Reflection:

“What craving of the flesh do I need to stop feeding today?”

James 1:14–15

¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Ephesians 6:12

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

***For Personal Reflection:**

“What persistent sin do I need to bring honestly before God today and ask Him to help me overcome?”

Jerry Bridges (The Navigators), *The Pursuit of Holiness*

- We can overcome sin by growing in holiness.
- God calls every Christian to live a holy life.
- Overcoming temptation and sin is not about waiting for God to change us without making any effort on our part.
- God hates our sins.

The Pursuit of Holiness, p. 32

“We cannot escape the fact that God hates our sins. We may trifle with our sins or excuse them, but God hates them. Therefore every time we sin, we are doing something God hates. He hates our lustful thoughts, our pride and jealousy, our outbursts of temper, and our rationalization that the end justifies the means.”

James 1:13

¹³ When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone.

Discussion Questions

1. Read Romans 7:15–19. Have you ever experienced a struggle where you knew what was right but still did what was wrong? What does this teach us about our sinful nature?
2. Read Romans 7:21–23. What are some things that can feed our sinful desires and make it harder for us to resist temptation?
3. Read Romans 7:24–25. When we feel frustrated or discouraged by our repeated sins, where should we turn for help? Why is Jesus our hope for victory?
4. Application: What is one persistent sin you need to stop feeding, and what is one practical step you can take this week to grow your desire for God?