

**WHEN IN ROME VII**  
**CURE OF THE STRUGGLE**  
**ROMANS 7:21-25**  
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**GRACE**  
FELLOWSHIP  
GOGRA.CE.CHURCH  
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Gratitude can shift your attitude.

Romans 7:21-25

*So I find it to be a law that when I want to do right, evil lies close at hand. <sup>22</sup> For I delight in the law of God, in my inner being, <sup>23</sup> 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. <sup>24</sup> Wretched man that I am! Who will deliver me from this body of death? <sup>25</sup> 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.*

Ways to grow

- Be honest – 7:21-23 *So I find it to be a law that when I want to do right, evil lies close at hand. <sup>22</sup> For I delight in the law of God, in my inner being, <sup>23</sup> 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.*
- Practice honesty about your struggles – 7:24 *Wretched man that I am! Who will deliver me from this body of death?*

“These cares begin to feed upon the heart, and are, to the mind, as a consuming fever is to the body...And the secret root or cause of all this is the worst part of the sin, which is, too much love to the body, and this world. Were nothing loved too much, it would have no power to torment us.” – Richard Baxter *The Cure of Melancholy and Overmuch Sorrow, by Faith*

- Blame-shifting avoidance:
  - “I’m not as messed up as him/her/them/etc.”
  - “My issues are exclusively because of him/her/them/etc.”
- Brilliant question! *Who will deliver me from this body of death?*
  
- Practice Jesus-centered gratefulness – 7:25 *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.*

### Action steps

- Have you genuinely said, “Yes” to Jesus Christ? Has your life been transformed? Have you taken the first step of obedience as a Christian?
  
- Make sure you’re wearing the right prescription when looking at your struggle.
  
- A lack of gratitude is evidence of pride/arrogance, which God resists. Battle self-hatred and self-righteousness with gratitude.