

## Who Will set Me Free

Romans 7:14 – 8:2

6/ 26/ 05

### Intro

Romans chapter 7 is famous for several reasons. It is here in this chapter we read the famous words, “The good that I want to do, I do not do, but the very thing I do not want to do, I do.” Many people feel they relate to that very well.

It’s also a controversial chapter because of the question of whether Paul was relating this experience as he was before being a Christian or if he was describing his experience as a Christian.

The key to the question is found in the words, “Who will set me free from this body of death?” We have this body of death that trespasses without batting an eye. God gave the Law to show us the utter sinfulness of that, but it only creates frustration and an even greater desire to sin.

We need an answer to this perplexing problem and here also in this chapter we find the answer.

### **These are principles of how we are set free from the law of sin and death by the law of the Spirit of life.**

#### **I. Imagine Living Under the Law**

##### A. What if there was only sin and law?

- Without the law, sin would trespass with abandon.

**Illus – Trespassing is a good word to describe sin. Walking where you want without regard to whether it’s yours. Then Law comes in and gives property lines. *You***

*don’t just walk into someone’s house and help yourself to their refrigerator.*

**Illus – Imagine if there were no driving rules, we would simply do whatever we wanted. Chaos would rule.**

- Then the law comes in and this only creates frustration and a greater desire to sin.

**Romans 7:8-9, “But sin, taking opportunity through the commandment, produced in me coveting of every kind; for apart from the Law sin is dead. I was once alive apart from the Law; but when the commandment came, sin became alive and I died;”**

- Imagine no rescue – if there was only sin and the condemnation of the Law.
- You either live by the law completely or you will die by the law.

#### B. I joyfully concur with the law of God

- Verse 22 – Paul said that he agreed with what the law says.
- The law of God is in some way written within us.

**Romans 2:14-15 – Even the Gentiles also have a conscience. In other words, even non-believers have a conscience and some even agree that the law is good. (Rom 7:22)**

**Although many have dulled consciences.**

C. But the law is powerless to help

- There is an increased frustration when the law comes in, but it is powerless to help me overcome. So it sets up what Paul is describing.
- It doesn't strengthen the inner man – even if you're fairly good at looking like you're keeping the law; it brings discouragement, boredom, dullness, and often depression.

**Illus – I don't do what I want, but I do what I don't want. This is describing the frustration of agreeing with the law in one sense but not being able to conquer the power of sin.**

**Galatians 3:21-22, “if a law had been given which was able to impart life, then righteousness would indeed have been based on law. But the Scripture has shut up everyone under sin, so that the promise by faith in Jesus Christ might be given to those who believe.”**

**II. There is a Conflict Within**

A. The law brings a crisis

- Paul is not describing someone who is a hardened drug dealer who has no conviction of his sin.
- He is describing someone who is being schooled by the law.

**Galatians 3:23-24, “But before faith came, we were kept in custody under the law, being shut up to the faith which was later to be revealed. Therefore the Law**

**has become our tutor to lead us to Christ, so that we may be justified by faith.”**

**Illus – The law just says, “no...” When I was in the DRC and someone tried to pick my pocket. I brought a crisis, but no more.**

**John 16:8-9, “And He, when He comes, will convict the world concerning sin and righteousness and judgment; concerning sin, because they do not believe in Me;”**

B. We still have our flesh

- Many people believe that Paul is talking about a believer in these verses because they can relate to the struggle in many ways.
- In truth, there are many similarities.
- Paul is describing the sinful condition of man struggling to be controlled by the law and being unsuccessful; there is no help for him in the Law.
- We also have our flesh and there is a struggle for control by the Holy Spirit.

**Galatians 5:16-18, “But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. But if you are led by the Spirit, you are not under the Law.”**

**Matthew 26:40-41, And He came to the disciples and found them sleeping, and said to Peter, “So, you men could**

**not keep watch with Me for one hour? Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.”**

### **III. We are Set Free Only in Jesus**

#### A. Free from condemnation

- The law could not help me, all it could do was convict me – and condemn me.

**John 3:18-19, He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God. This is the judgment, that the Light has come into the world, and men loved the darkness rather than the Light, for their deeds were evil.”**

- In Jesus, I am no longer condemned, because Jesus was condemned in my place.
- The key is found in the words, **“In Christ Jesus.”**

**John 15:4-5, “Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.”**

#### B. Free from the law of sin and death

- The law of sin and death is fairly simple when you first see it, “If you sin, you will die.”

### **Romans 6:23, “For the wages of sin is death,”**

- We are free from the law of sin and death now that we are in Christ Jesus. It now longer has control over us.
- How is this done? By the law of the spirit of life in Christ Jesus. Sin brings death, but the Spirit brings life.

**Illus – If death is separation from God, then life is relationship with God.**

**Romans 8:11, “But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.”**

#### C. Walk according to the Spirit

- Willpower is not enough.
- We need to walk according to the Spirit of life.
- We need to set our minds on the things of the Spirit. (Verse 5-6)

**Colossians 3:1-3, Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth.**

**For you have died and your life is hidden with Christ in God.”**

**Philippians 4:8, “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”**

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| Conclusion |
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**The good news is that we are set free from the eternal consequences of the judgment of sin, but we are also free from sin’s power by the Spirit of life in Christ Jesus. We must walk in the Spirit of life, setting our mind on spiritual things.**