



**Feeling
Frustrated?**

Romans 7:22-24 *But I discern another power operating in my humanity, waging a war against the moral principles of my conscience and bringing me into captivity as a prisoner to the “law” of sin – this unwelcome intruder in my humanity. What an agonizing situation I am in! So who has the power to rescue this miserable man from the unwelcome intruder of sin and death?*

1. Freedom Lost

Genesis 2:16-17 *And the Lord God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”*

- Garden of Eden – perfect environment; perfect relationship with God.
- Serpent used “be like God” card...
- Evil entered the world
- God gave Moses (and Israel) the Law and Sacrifices (consequences)
- Could not change the human heart.

2. Finding Freedom

- Jesus said: *“Whom the Son sets free is free indeed”*

Romans 7:6 *But now, by dying to what once bound us, we have been released from the law so that we serve in the new way of the Spirit, and not in the old way of the written code.*

3. Living in Freedom

- The old life has to die.

Romans 7:1-3 *Do you not know, brothers and sisters—for I am speaking to those who know the law—that the law has authority over someone only as long as that person lives?*

For example, by law a married woman is bound to her husband as long as he is alive, but if her husband dies, she is released from the law that binds her to him.

So then, if she has sexual relations with another man while her husband is still alive, she is called an adulteress. But if her husband dies, she is released from that law and is not an adulteress if she marries another man.

Romans 8:1-3 *Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh...*

Romans 8:5-6 *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

4. Walking in Freedom

Galatians 5:25 *Since we live by the Spirit, let us keep in step with the Spirit.*

Romans 8:13-14 *...For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God.*

