

# FEELING FRUSTRATED?

**Introduction:** Are you feeling frustrated about:

- Work
- Relationships
- Children
- Yourself
- Faith
  - How do I make this faith work?

**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?*

- Paul sounds frustrated

## 1. **Freedom Lost**

- It starts with Adam.

**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.”*

- Although Adam and Eve had a perfect environment and perfect relationship with God, the serpent use the “be like God” card.
  - Knowing good and evil
- Adam to Noah – increase in evil
- Noah to Moses: similar story
- Moses to Jesus: God called a people out of bondage (Israelites)
  - Gave many laws so Israel could function as a nation.
    - Gave a moral law for humanity.
  - However, the law just showed my sin.
  - Lamb sacrifices to deal with sin and to show the consequences
- **The Law and sacrifices could not change the human heart.**  
(Ties in so much with Alpha)

## 2. **Finding Freedom**

- Jesus said: “*Whom the Son sets free is free indeed*”
- Jesus’ death on the cross paid the price for my sin.
- His resurrection guarantees life for us now and in eternity.

**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.*

- New way of the Spirit

### 3. **Living in Freedom**

- The old life has to die.
  - Baptism picture
- Marriage illustration:

**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.*

- Our position and allegiance changes.

**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...*

- Spirit of Life set me free
- How to have a good mind-set:

**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.*

- Sometimes the choice is not about a really bad choice but about making a better choice
- A mind governed by the Spirit has the fruit of life and peace.

**Illustration:** Making a work choice. One job has more money but longer hours and travel. Will the high paying job enhance my physical and spiritual life? Will it disrupt peace in my family or ministry.

- You don't beat temptation by focusing on that temptation.

**ILLUSTRATION:** A man comes to a Pastor and says “The spirit has told me to leave my wife and marry another...”

- Control issues
- Unforgiveness

#### 4. Walking in Freedom

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

- The phrase “keep in step” is drawn from dancing, where one partner follows the lead of the other.
- Keys to being led:
  - Surrender
  - Feed on His word
  - Seek the presence of God

**Romans 8:13-14** *... 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.*

**Illustration:** Training a dog for a walk. Sometimes there is a pull to get the dogs attention but once the dog is trained it just needs a gentle tug.

- That what its like being led by the Spirit
- This verse also promises **victory**.
- We cannot deal with our misdeeds by ourself but by the power of the Spirit we can