

**WINNING THE BATTLES INSIDE ME**  
**Renewing Your Mind - Hope for Mental Health**

**THE COST OF THE BATTLE: ROMANS 7:15-25 (TLB)**

**1. CONFUSION**

*"I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to – what I hate." vs. 15*

**2. GUILT AND SHAME**

*"I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking." vs. 16*

**3. COMPULSIONS AND ADDICTION**

*"But I can't help myself because... It is sin inside me that is stronger than I am, that makes me do these evil things." vs. 17*

**4. SELF CONDEMNATION**

*"I know I am rotten inside through and through as far as my old sinful nature is concerned." vs. 18a*

**5. FRUSTRATION**

*"No matter which way I turn I can't make myself do right. I want to but I can't! When I want to do good, I don't; and when I try not to do wrong, I do it anyway! Now if I am doing what I don't want to, it is plain where the trouble is: sin still has me in its evil grasp." vs. 18b-20*

**6. DISCOURAGEMENT AND DESPAIR**

*"It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong ... In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin." vs. 21; 23*

**THE CAUSE: I HAVE TWO NATURES!**

*"I love to do God's will so far as my new nature is concerned; but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me." vs. 22-23*

*"So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I'm in!" vs. 24a*

**GOD'S BATTLE PLAN FOR MY VICTORY**

**1. I MUST DEEPEN MY UNDERSTANDING OF CHRIST**

*"Who will free me from this life that is dominated by sin? Thank God! The answer is through Jesus Christ our Lord!"*

Romans 7:24-25 (NLT)

*"For the new spiritual principle of life in Jesus Christ lifts me out of the old vicious cycle of sin." Romans 8:2 (PHILLIPS)*

**2. I MUST DETECT AND DISARM THE LIE I AM BELIEVING**

*"If we claim to be without sin, we deceive ourselves and the truth is not in us." 1 John 1:8 (NIV)*

**Behind every self-defeating act is A LIE I HAVE BELIEVE**

*"The heart is deceitful above all things and beyond cure. Who can understand it?" Jeremiah 17:9*

**To stop defeating myself, I must STOP DECIEVING MYSELF**

*"When you know the truth, the truth will set you free."*

John 8:32 (NIV)

**3. I MUST DECLARE MY STRUGGLE TO ANOTHER**

*"Confess your sins to each other and pray for each other so God can heal you. When a believing person prays, great things happen."*

James 5:16 (NCV)

*"Live according to your new life in the Holy Spirit. Then you won't do what your sinful nature craves." Galatians 5:16 (NLT)*

I'd love to hear your stories & feedback: phoebegdial@gmail.com