# Romans 7:14-25 (ESV) – The Christian Struggle: Lament (Part 3)

For we know that the law is spiritual, but I am of the flesh, sold under sin. **15**For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. **16**Now if I do what I do not want, I agree with the law, that it is good. **17**So now it is no longer I who do it, but sin that dwells within me. **18**For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. **19**For I do not do the good I want, but the evil I do not want is what I keep on doing. **20**Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

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

**Sermon Notes**