1. We are born descendants of Adam, unable to obey the Law of God because of our slavery to the power of sin.
2. Born again through the work of the Holy Spirit, Christians have new, holy desires, yet they continue to struggle with their sinful nature, doing the very things that they hate to do.
3. When we commit sins that we do not want to commit, we show our agreement that God’s Law is holy, righteous, and good because our hearts passionately desire to obey it.
4. Even though the desires of our sinful nature continue to make warfare against the desires of the Holy Spirit, there is hope because God is growing us to be more and more in the image of Christ. We have the power to walk by the Spirit.
5. God commands us to work out our own salvation with fear and trembling. However, He tells us that He is working in us through His Spirit so that His will is done in us as He works for His own pleasure.

Application

1. When we notice sin in our life, don’t despair! The pattern of every Christian’s life will involve a struggle with sin. Jesus went to the cross so that our sins could be forgiven.
2. But when we notice sin in our life, we must hate our sin with a passion. Don’t let the continued presence of sin drive you into complacency. Christ has taken the condemnation of our sin away, and in doing so, He has removed its power to dominate us. We are free!