

## Romans 7:24

*O wretched man that I am! Who will deliver me from this body of death?*

How many times do we feel like Paul when he says, *“O wretched man that I am! Who will deliver me from this body of death?”* Or as it says in the NLT: *“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?” Romans 7:24 (NLT2)* And why was he saying this? Because he had to admit to himself that, *“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate.” Romans 7:15 (NLT2)*

We all want to do what’s right, but we have this constant struggle with our flesh, and the flesh wants to do what’s wrong. One example would be like, *“I know if I eat that entire chocolate cake, I’ll get sick, but I love chocolate cake, and I know I shouldn’t, but I want to, but I can’t, but if I could, I would and....”* And we go on and on with why we shouldn’t eat that entire chocolate cake, and why we should, as we are battling back and forth with ourselves about it.

For some, this is a real battle, whereas for others, it’s no big deal, but instead it could be for them, *“I don’t understand why that person has trouble with chocolate cake, I think the real struggle is; should I buy that thing on Amazon or not, I know I don’t need it, but I want it, and I know I don’t have the money for it, but still, I want it and I would be happier if I had it, but then ...”* Simply, everyone has their own struggle with the flesh, where they know what is good to do, but struggle because of the false pleasure that they think they will get out of it.

Fortunately, Paul answers his own question, which we also know is the only answer.

† **Romans 7:25 (NLT2)** *Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.*

Jesus is the One Who died for our sins and will cleanse us of our sins. And we know in our struggle, that Jesus is our strength in our weakness, just like Paul said.

† **2 Corinthians 12:9** *And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.*

Therefore, we know that Jesus is that *“Who”* that Paul was talking about here when he asked, *“Who will deliver me from this body of death?”*

But we all know we are those ones who say about ourselves *“O wretched man that I am!”* But have you ever thought of yourself also as that “who;” with a lower case “w” meaning that we

cannot save others from their sins and from hell, only Jesus can do that. But we are also that “who” that others can go to in times of struggle. Yet we tend to think that we are the only ones with struggles and all our brothers and sisters in Jesus Christ are all ok. But that is not true at all. Everyone... let me repeat that, “EVERYONE” struggles with sin, because everyone is human, and everyone has a sinful flesh nature that Paul was talking about. And if Paul was struggling with his own flesh, then know that everyone else does as well.

We always quote: ***“As iron sharpens iron, So a man sharpens the countenance of his friend.”***

**Proverbs 27:17** But did you also think that that “**iron**” spoken of in this Proverb is you as well, and that there are those who need your guidance and spiritual wisdom to help them walk the Christian life, just like you need others to come along side of you as well?

So let’s be that “who” for others, just like we need those “who” people in our lives to help us with our Christian walk and struggle with sin.

† **Ecclesiastes 4:12 (NLT2)** *A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.*