

**I'M IN THE  
FIGHT OF MY  
LIFE**

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# INTRODUCTION

There are moments in our walk with God when we love Him deeply, desire His will sincerely, and yet still find ourselves wrestling on the inside. We know what is right. We want to do what is right. And still, there is a tension that refuses to go away. Many believers silently carry this struggle, wondering if something is wrong with them, if they are failing God, or if their faith is somehow defective.

The apostle Paul speaks directly into that tension in Romans 7. He does not speak as a careless sinner, nor as a hypocrite pretending to be something he is not. He speaks as an honest believer—one who loves God's law, yet recognizes an ongoing battle within. Romans 7 is not an excuse for sin, but it is an explanation of the struggle. It reminds us that being saved does not remove the fight; it redefines it.

This passage reassures us of something we desperately need to hear: we are not alone, we are not fake, and we are not finished. The presence of the fight is not proof of spiritual failure—it is evidence of spiritual life

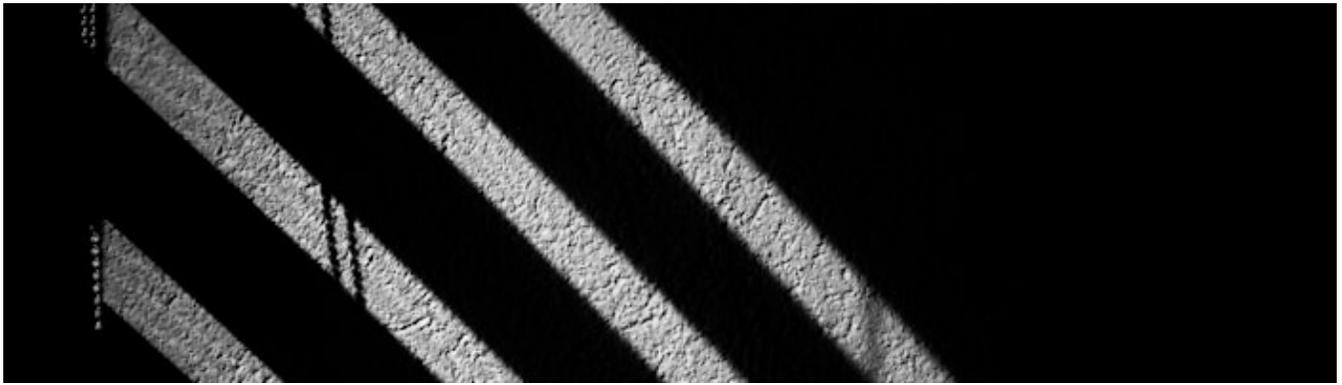
# DELIGHTING IN GOD ON THE INSIDE

Paul begins with a powerful declaration: *“For I joyfully agree with the law of God in the inner person”* (Romans 7:22). This joy is significant. The flesh does not delight in God’s will, but the Spirit does. A genuine desire to please God is proof that the Spirit of God is alive within us.

The law of God reveals who God is and what He requires. When we desire His will, it confirms that something has already changed on the inside. We may not always get it right, but the desire to honor God is evidence that we have been made new. This is not behavior modification—it is spiritual transformation at work.

Yet even with this inner delight, the story does not end there.





# THE WAR WITHIN

Paul continues, *“But I see a different law in the parts of my body, waging war against the law of my mind”* (Romans 7:23). This is where many believers feel confused and discouraged. How can both things be true—love for God and internal conflict?

Paul describes an active war, not a passive struggle. This is not demon possession, nor is it hypocrisy. It is spiritual tension. The natural does not automatically cooperate with the spiritual. The fight is not around us; it is within us. We know better, we want better, and still, the flesh resists.

Deliverance is immediate, but the fight to stay delivered is daily. God brought us out instantly, but our minds must learn to walk in that freedom. Romans 7 shows us where delivered people are tempted to think like slaves again—not because they are bound, but because memory and habit still speak.

The flesh wants what is familiar. The Spirit wants what is promised.

# REMEMBERING EGYPT OR TRUSTING GOD

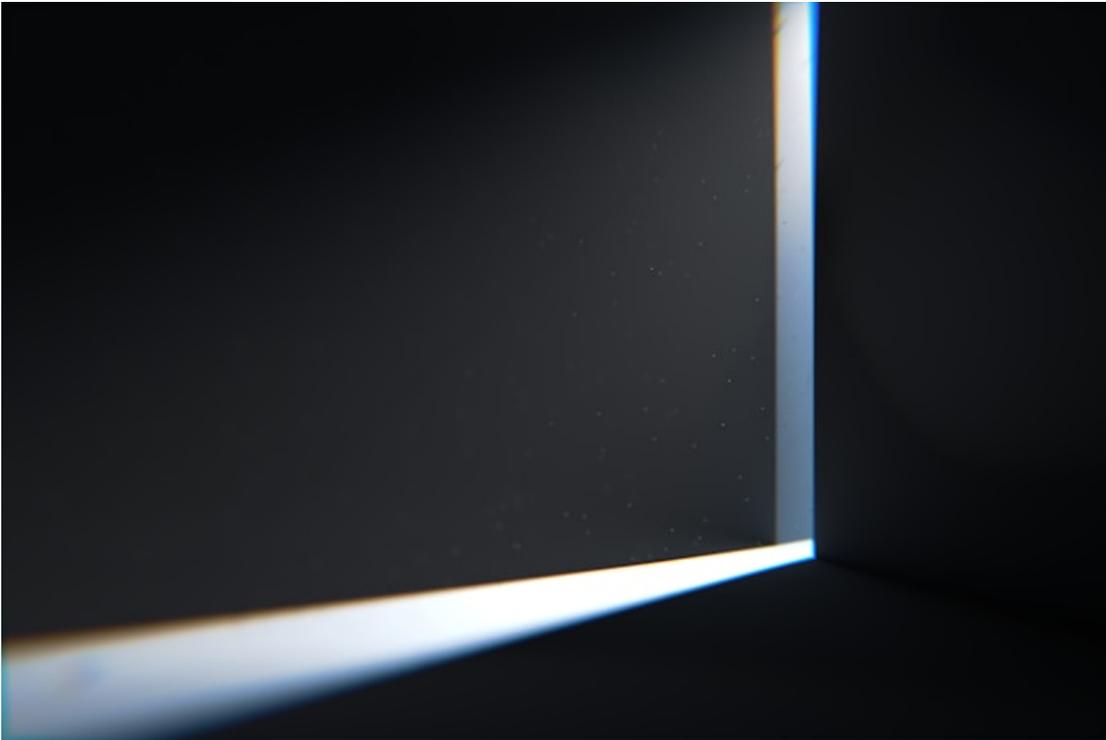
This struggle is not about returning to bondage; it is about deciding whom we trust. We remember where God brought us from, but do we trust Him enough to lead us where He is taking us?

God declares that He remembers our sins no more, yet we often remember them vividly. We carry memories, emotions, scars, and reminders of old habits.

Sometimes the past even tries to call us back. But memory may speak—while the Spirit has the final word.

We must move from allowing yesterday to control today. When today is surrendered to God, tomorrow becomes possible. The battle is not about perfection; it is about persistence.

# WHO WILL DELIVER ME?



Paul reaches a moment of deep honesty when he cries out, “*Wretched man that I am! Who will set me free from this body of death?*” (Romans 7:24). This is not hopelessness—it is clarity. Paul does not ask *what* will free him, but *who*.

This is where self-dependence ends and true deliverance is sustained. Victory does not come through willpower, age, discipline, or experience. There is no season in life where we get to coast. Growth does not eliminate the fight; it often intensifies it.

Our victory is personal and intentional, and it is found in one place alone: “*Thanks be to God through Jesus Christ our Lord!*” (Romans 7:25). The struggle is real, but the outcome is already settled.

# AN ACTIVE BATTLEFIELD

Romans 7 is not a passive chapter—it reveals an active battlefield. Every day, we are feeding something. Scripture teaches that what we sow to will grow. The Spirit strengthens when fed; the flesh weakens when starved.

We feed the Spirit through the Word of God—not just reading, but studying, meditating, speaking, and obeying it. The Word exposes lies, reshapes desires, and cuts through fleshly thinking.

We feed the Spirit through the Holy Spirit Himself. He is not an emotion or an afterthought; He is our power source. When we walk by the Spirit, we do not fulfill the desires of the flesh.

We feed the Spirit through prayer. Prayer is not passive—it is active engagement in spiritual warfare. Prayer aligns us with God's will, weakens self-reliance, and invites divine strength into human weakness.

At the same time, we must starve the flesh. We deny it access. We remove environments that normalize compromise. We stop negotiating with old habits. Every day we decide who gets our mind, our time, and our obedience.



# WHY THE FIGHT IS A GOOD SIGN

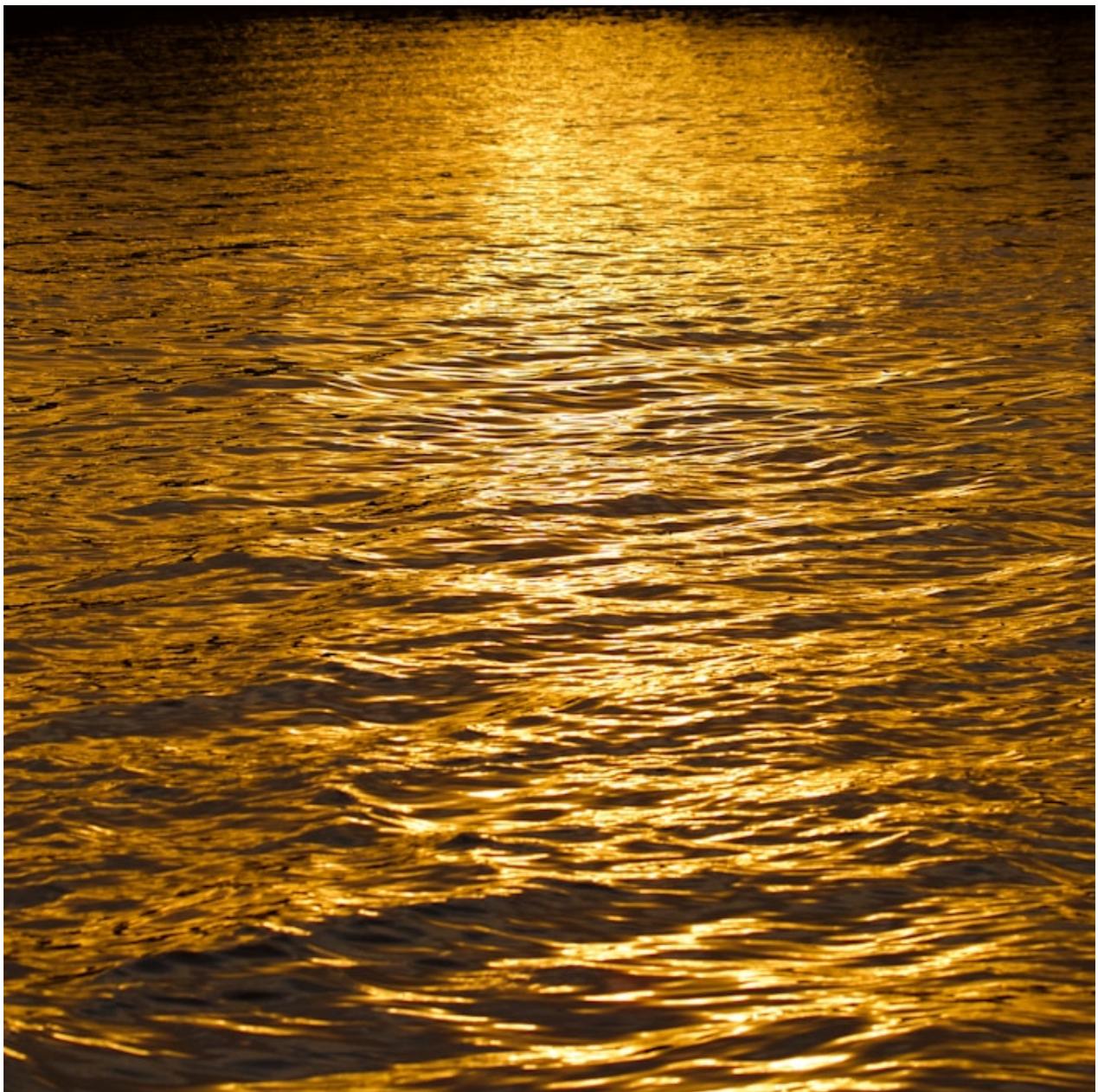
If there were no fight, there would be no evidence of spiritual life. The battle signals that the Spirit is still working within us. Struggle does not mean God has left—it means God is calling us to lean on Him more deeply.

The enemy will never stop trying, so we cannot afford to stop fighting. But we do not fight alone. Jesus already fought the ultimate battle for our lives. Our role is not to win the war—it is to stand in the victory He has already secured.

# CLOSING EXHORTATION

Do not confuse struggle with failure. You are delivered—but you must keep your fight. When weakness comes, return to the Word. When heaviness settles in, return to prayer. When confusion rises, call on the Holy Spirit.

God did not remove the fight from you; He changed your fight. And He has anointed you to stand in it.



# CLOSING PRAYER

Lord, we thank You for reminding us that the fight within us is not a sign of defeat, but a sign of life. Teach us to depend on You daily. Strengthen us through Your Word, guide us by Your Spirit, and keep us anchored in Your grace. Help us to fight with wisdom, humility, and faith—knowing that the victory already belongs to You. In Jesus' name, Amen.