

So I find this law at work: When I want to do good, evil is right there with me. ²²For in my inner being I delight in God's law; ²³but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. ²⁴What a wretched man I am! Who will rescue me from this body of death? ²⁵Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin. - **Romans 7:21-25**

Therefore, there is now no condemnation for those who are in Christ Jesus, ²because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. - **Romans 8:1-2**

The two biggest enemies to God's saving grace:

- 1) **Legalism**: trying to earn God's love and acceptance through **rules**.
- 2) **Perfectionism**: trying to earn my **worth** by not making mistakes.

What are the results of perfectionism?

- It will lead to continual **condemnation**.
- It can hurt **relationships**.
- It can destroy your **joy**.

Paul asks the question: "Who will rescue us from this body of death?"

The answer: Jesus Christ

Paul gives us two things that Christ did for us to set us free:

1. He gave us the **Holy Spirit**.

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! **II Corinthians 5:17**

2. He gave **His life**.

- Jesus was our **sin offering**.
- Jesus **condemned** sin on the cross.
- Through Christ we are no longer **bound** by sin's power.
- Jesus **broke** the **chain** that held us captive.