

What a wretched man I am! Who will rescue me from this body of death?

Romans 7:24

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**Luke 18:9-14 (New International Version)**

<sup>9</sup>To some who were confident of their own righteousness and looked down on everybody else, Jesus told this parable: <sup>10</sup>"Two men went up to the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup>The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men—robbers, evildoers, adulterers—or even like this tax collector. <sup>12</sup>I fast twice a week and give a tenth of all I get.' <sup>13</sup>"But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' <sup>14</sup>"I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

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**Romans 7:14-8:2 (New International Version)**

<sup>14</sup>We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. <sup>15</sup>I do not understand what I do. For what I want to do I do not do, but what I hate I do. <sup>16</sup>And if I do what I do not want to do, I agree that the law is good. <sup>17</sup>As it is, it is no longer I myself who do it, but it is sin living in me. <sup>18</sup>I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. <sup>19</sup>For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. <sup>20</sup>Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. (cont)

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<sup>21</sup>So I find this law at work: When I want to do good, evil is right there with me. <sup>22</sup>For in my inner being I delight in God's law; <sup>23</sup>but 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. <sup>24</sup>What a wretched man I am! Who will rescue me from this body of death? <sup>25</sup>Thanks 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. (cont)

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

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**Romans 12**  
**Living Sacrifices**  
<sup>1</sup>Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. <sup>2</sup>Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

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**Matthew 23:25-27 (New International Version)**

<sup>25</sup>Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. <sup>26</sup>Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean.

<sup>27</sup>Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of dead men's bones and everything unclean.

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**Ephesians 1:18-20 (New International Version)**

<sup>18</sup>I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, <sup>19</sup>and his incomparably great power for us who believe. That power is like the working of his mighty strength, <sup>20</sup>which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,

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**Colossians 2:11-13 (New International Version)**

<sup>11</sup>In him you were also circumcised, in the putting off of the sinful nature, not with a circumcision done by the hands of men but with the circumcision done by Christ, <sup>12</sup>having been buried with him in baptism and raised with him through your faith in the power of God, who raised him from the dead.

<sup>13</sup>When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins,

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**Romans 8:11-13 (New International Version)**

<sup>11</sup>And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.

<sup>12</sup>Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it.

<sup>13</sup>For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live,

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