

# Day 5 - The Internal Struggle

We'd like to think that once we decide to follow Christ with our lives, everything will become much simpler: we won't struggle so much with sin and temptation won't be an issue. The reality is that while we are here on earth, even as followers of Christ, we're going to have to fight the conflict of sin in us, versus Christ in us. Let's look at how we overcome sin through Christ.

Read *Romans 7:15-20*.

- What was Paul's conflict here?  
(*struggling not to sin*)
- Where does he say this sin dwells?  
(*in him, which is his flesh or earthly side*)
- What does he say he wants to do?  
(*the good according to God*)

If even the apostle Paul struggled with sin, then it is reasonable that we're going to have the same issues. However, this doesn't mean we just give in and keep apologizing to God for sinning. Let's go back a bit in Romans.

Read *Romans 6:1-14*.

- What does "living in sin" mean?  
(*unrepentant, uncommitted to Christ*)
- If we "die to sin" does that mean we're no longer going to sin? If not, what does it mean?  
(*no, we will sin, but our nature and desire is to follow Christ and not our selfish desire*)
- Verse 6 says we are crucifying our old self with Christ. How does this help us?  
(*it frees us from being enslaved to sin*)
- If we have been "set free from sin" as verse 7 states, what does that mean?  
(*we won't have to face the punishment for sin - death*)
- What is the command to us in vv. 12-14?  
(*don't let sin be our reigning force, but use our lives as instruments for righteousness*)
- What is the promise he gives us in v. 14 because we are now under grace?  
(*sin will have no dominion over you*)

The conflict is still there every day. We can follow our sinful nature, or we can follow Christ. The reality is truly abiding in Christ will give us the ability to overcome the desire to sin. In fact, it will help put it to death according to these Scriptures. 1 John 3:5-6 also emphasizes this truth. God has given us this gift through Christ to overcome sin both eternally and right now. While we presently still have to deal with our sin nature, when we die and live forever with Him in Heaven, we won't have to deal with this conflict anymore. Now THAT is something to look forward to!

Read Galatians 2:20 to close and pray that you will continue to "die to self" and choose to live according to Christ.

Close by singing or listening to "[Crucified With Christ](#)" by Phillips, Craig & Dean.