

The Frustration of a Sincere Heart

Romans 7:18-20

I. The Believer's Honest Self Knowledge (v. 18a)

A. The flesh *defined*

B. The honesty *displayed*

1. Stay *humble*

2. Stay *watchful*

3. Stay *grateful*

II. The Believer's Inner Conflict (vv. 18b-19)

- A. The *desire* is real
- B. The *ability* is absent
- C. The reality of *repeated* failure

III. The Believer's Continual Need for Grace (v. 20)

- A. Sin still *dwells*
- B. Grace still *empowers*

TAKE HOME:

- Stop trusting in self-effort
- Confess quickly, don't wallow
- Feed the Spirit, starve the flesh
- Fix your eyes on the future