

RESTORE
WHAT'S YOUR HANG UP?

Monday, May 4

Reading: Romans 7:7-25

Romans 7:24 *What a wretched man I am! Who will rescue me from this body that is subject to death?* **25** *Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.*

We all have them. Those habits or sins that are messing up our lives. The Bible reveals that even the great heroes of the faith had them. Abraham was a habitual liar. Moses had anger issues. David struggled with lust that led to adultery and murder. The prophet Elijah had depression. Simon Peter suffered from “foot-in-mouth” disease which resulted in his denying Christ three times. No one is immune!

In his book *Restore*, Vince Antonucci describes an addiction as “things we couldn’t bear the thought of giving up or doing without, habitual ways of thinking or living that aren’t healthy.”¹ Whatever your hurts, habits, or hang ups are, whether you admit you have them or not, they are hurting you and hindering your relationship with God.

The Apostle Paul describes our struggle in Romans 7. In this chapter, Paul discusses that the Law is good, for it reveals sin. When we were children and our parents told us not to do something, this command sometimes motivated us to want to do that very thing. Sin uses God’s commands to try and condemn us and entice us to disobey. While God’s law is good, it brought death because of our disobedience. This is what causes our struggle.

Romans 7:15 I do not understand what I do. For what I want to do I do not do, but what I hate I do... 18 ...For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 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.”

God has freed believers from the PENALTY and POWER of sin, but we are not free from the PRESENCE of sin. There is still the possibility for sin to control us as long as we are in these mortal bodies. But Paul gives us the answer to this dilemma at the end of the chapter: “Thanks be to God, who delivers me through Jesus Christ our Lord!” (7:25). For the next seven weeks we are going to look at “rehab for the rest of us.” I encourage you to read along in Antonucci’s book *Restore* and watch the Shiloh sermon series as we walk through steps for winning the battle against the hang up in our lives.

What habits or sins are you hanging on to?

Why are you clinging to them so tightly?

How are they affecting your relationship with God? With others?

¹ Vince Antonucci. *Restore*, p 19