



SURVIVAL KIT

Prepare today. Overcome tomorrow.

TAKE HOME: WEEK 5—TWO NATURES: THE OLD

Dethrone the Old King

Day 1

Read Romans 6:12-18. Memorize Colossians 3:8-10.

“That’s just the way I am.” “That’s just human nature.” Have you ever heard or used that to excuse behavior? Why doesn’t that excuse work for you any longer?

I have a N___ N_____. Jesus Himself is your New Nature.

Our old nature is still with us. What does Romans 6:12-18 say about it?

In verse 12 what choice do we have? I will not let sin reign.

Sin no longer has power to rule over you now that you are in Christ. It’s not dead but you can choose the nature you will follow.

It’s not a Remodel

Day 2

Read Romans 7:15, 18-21.

Frustration = trying to live in the old nature and product the fruit of the new nature.

We still struggle with sin after we receive Jesus because our old nature cannot be reformed. We aren’t just putting paint on an old wall. Remember: The nature of the root determines the fruit. Old produces old, new produces new.

I’m at War With Myself

Day 3

Read Romans 7:22-25; 8:5-6. Work on your memory verse.

Paul shares the struggle of indecision—Who will deliver me?
How do we bring an end to this war?

If Jesus Christ is truly your Lord, then He must control your life. You must own His Lordship and refuse to obey your old human nature.

Read 8:5-6 and write down the contrasts between the old and the new natures.



SURVIVAL KIT

Prepare today. Overcome tomorrow.

When Surrender Means Victory

Day 4

Read Ephesians 4:22-24; Matthew 5:21-22, 27-18; Philippians 4:7-8; Romans 8:37-39.

A deliberate decision: Eph. 4:22 and your memory verse Colossians 3:8-10 both refer to a decision a Christian makes each day: what is it?

When you decide to take off the old set of clothes and not put them on again you settle the war within! The old is present, but not in power because you decided to lay it aside. Doing this daily allows the power of Jesus to be constantly at work in you.

Surrender is giving up the old and choosing the new.

Romans 8:37 says when we Jesus is at work in us we are more than C_____.
Prepare today. Overcome today, tomorrow and the next day and ...

One Decision

Day 5

Read Romans 6:1-11.

“That’s just the way I am.” We started the week with this excuse. After reading your Scripture today, is there any excuse for living as a Christian with your old nature still in control?

How is baptism a picture of what has already taken place in your life?

The Christian life isn’t trying to be like Jesus. That’s impossible. Instead, we let Jesus become the reigning King in our lives. We give him the right to guide our thoughts and to control our hands. Have you settled once and for all the fact that He came into your life to be your Lord? That you belong to him? If not, why not today?

Congratulations. You just finished your fifth week! Every new habit takes time and effort. Pretty soon it will be natural and the Word of God will be with you everywhere you go. Next week the focus is on our Two Natures—Our New Nature.

Got questions or feedback? Creative ways to help make this happen? Send me a text or email. 918-638-1066 or fbcramona@windstream.net. - Pastor Kevin