

## LIVING ABOVE THE DRAG OF DEFEAT

### Romans 8:1–14

Wouldn't it be great to begin and end a day in which we reached our maximum potential with only minimal conflict and stress? If we took our cues from Romans 7, we could easily think that's simply an impossibility. Living with our old sinful nature 24/7, it seems as if we're doomed to a life of discouragement and defeat. But Jesus promised His followers an "abundant life," didn't He? Absolutely! Take a moment and read John 10:10, where He clearly states, "My purpose is to give them a rich and satisfying life" (NLT). But the truth is, we cannot make that happen all on our own, no matter how hard we try—we need help. And that's exactly what makes Romans 8 such a marvelous chapter. In it we learn of a power within us that makes living above the drag of defeat a possibility.

#### I. Before Our God, Three Facts Are True (vv. 1–4)

- We are: \_\_\_\_\_

- And we are also: \_\_\_\_\_

- And that is true because we are: \_\_\_\_\_

#### II. Within Ourselves, Two Natures Are in Conflict (vv. 5–11)

- Our old nature (the sinful flesh)

- Our new nature (the Holy Spirit)

#### III. Because of Grace, One Decision Changes Everything (vv. 12–14)