

WINNING THE WAR WITHIN

A STUDY IN THE BOOK OF ROMANS



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God's Plan for Emotional Strength

Romans 8:1-11
Winning the War Within
Pastor T.K. Anderson
February 21-22, 2026

"Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God..."
Psalm 42:5 (NLT)

1. Emotional Strength Begins When Condemnation _____

"So now there is no condemnation for those who belong to Christ Jesus."
Romans 8:1 (ESV), Romans 7:15, 8:2-4

2. Emotional Strength Grows When Your Mind Is _____

"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit." Romans 8:5 (ESV), 6-8

3. Emotional Strength Flows from the Spirit _____

"You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you." Romans 8:9, 10-11



Give



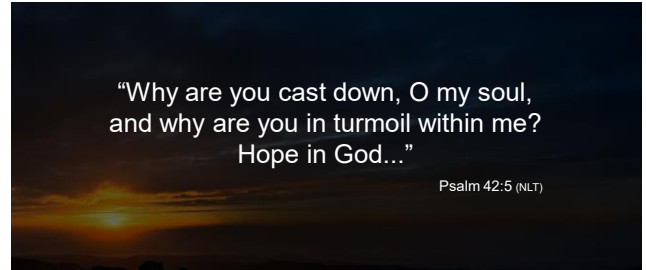
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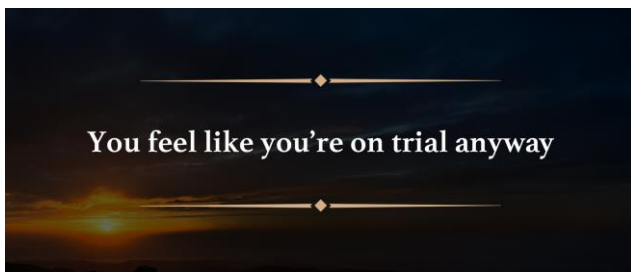
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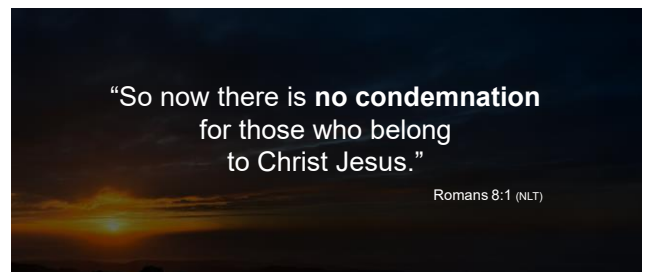
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1

Emotional Strength Begins When Condemnation ENDS

"So now there is no condemnation
for those who belong
to Christ Jesus."

Romans 8:1 (NLT)

5

"I do not do what I want,
but I do the very thing I hate."

Romans 7:15 (ESV)

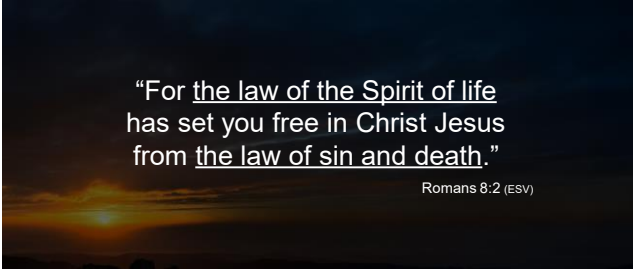
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— ◆ —
You cannot be emotionally stable
when you feel spiritually sentenced
— ◆ —

7

Conviction → "Come back"
Condemnation → "Stay away"

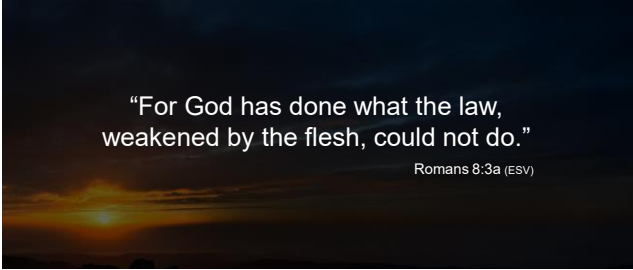
8

A dark, atmospheric image of a sunset or sunrise over a body of water, with the sun low on the horizon and its light reflecting on the water's surface. The sky is a deep blue with some lighter clouds near the horizon.

“For the law of the Spirit of life
has set you free in Christ Jesus
from the law of sin and death.”

Romans 8:2 (ESV)

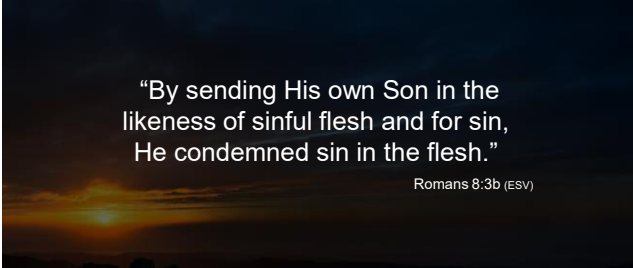
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A dark, atmospheric image of a sunset or sunrise over a body of water, with the sun low on the horizon and its light reflecting on the water's surface. The sky is a deep blue with some lighter clouds near the horizon.

“For God has done what the law,
weakened by the flesh, could not do.”

Romans 8:3a (ESV)

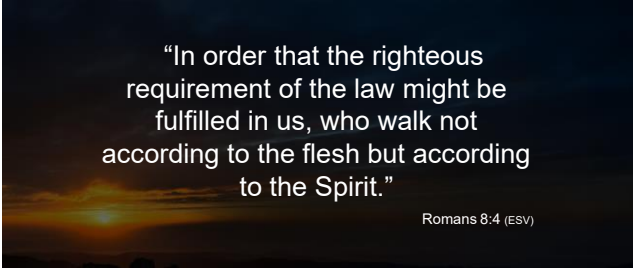
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A dark, atmospheric image of a sunset or sunrise over a body of water, with the sun low on the horizon and its light reflecting on the water's surface. The sky is a deep blue with some lighter clouds near the horizon.

“By sending His own Son in the
likeness of sinful flesh and for sin,
He condemned sin in the flesh.”

Romans 8:3b (ESV)

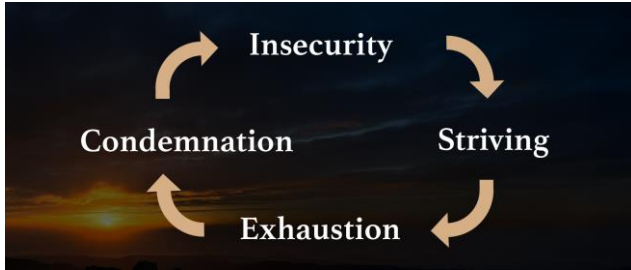
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A dark, atmospheric image of a sunset or sunrise over a body of water, with the sun low on the horizon and its light reflecting on the water's surface. The sky is a deep blue with some lighter clouds near the horizon.

“In order that the righteous
requirement of the law might be
fulfilled in us, who walk not
according to the flesh but according
to the Spirit.”

Romans 8:4 (ESV)

12



13

2 Emotional Strength Grows
When Your Mind Is **REWIRED**

"For those who live according to the flesh
set their minds on the things of the flesh,
but those who live according to the Spirit
set their minds on the things of the Spirit."

Romans 8:5 (ESV)

14

The battlefield is a mindset

15

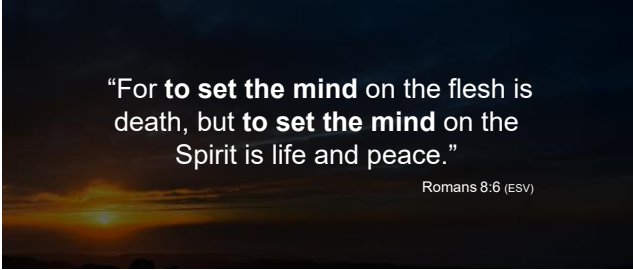
The flesh mindset ► **Death**
The Spirit mindset ► **Life and peace**

16



My truth
— VS —
God's Truth

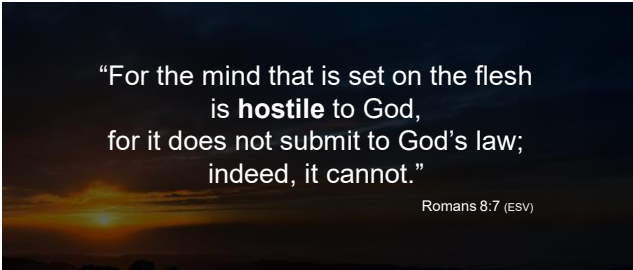
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“For **to set the mind** on the flesh is death, but **to set the mind** on the Spirit is life and peace.”

Romans 8:6 (ESV)

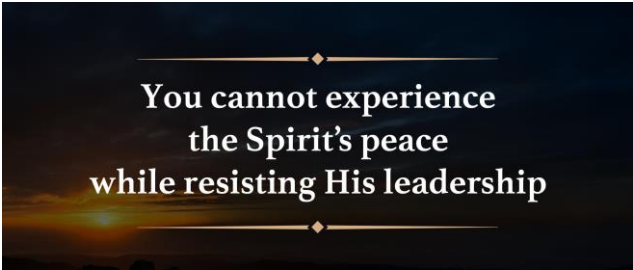
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“For the mind that is set on the flesh is **hostile** to God, for it does not submit to God's law; indeed, it cannot.”

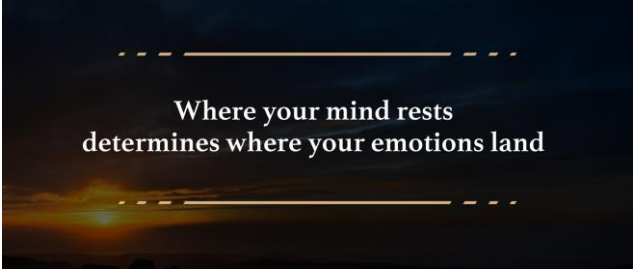
Romans 8:7 (ESV)

19



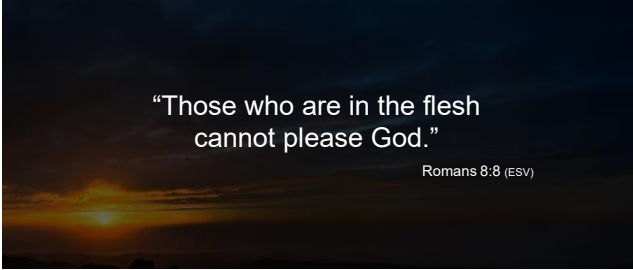
**You cannot experience
the Spirit's peace
while resisting His leadership**

20



Where your mind rests
determines where your emotions land

21



“Those who are in the flesh
cannot please God.”

Romans 8:8 (ESV)

22

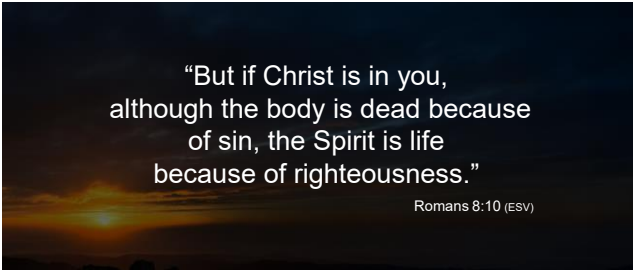


3 Emotional Strength Flows from the Spirit WITHIN YOU

“You, however, are not in the flesh
but in the Spirit, if in fact
the Spirit of God **dwells** in you.”

Romans 8:9 (ESV)

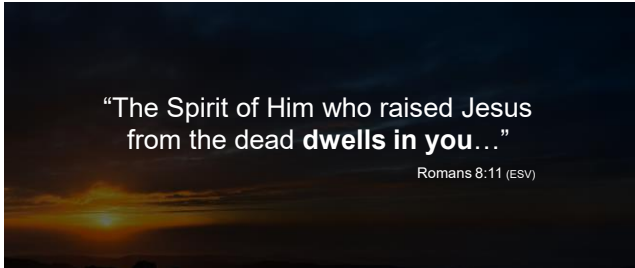
23



“But if Christ is in you,
although the body is dead because
of sin, the Spirit is life
because of righteousness.”

Romans 8:10 (ESV)


24



"The Spirit of Him who raised Jesus
from the dead **dwells in you...**"

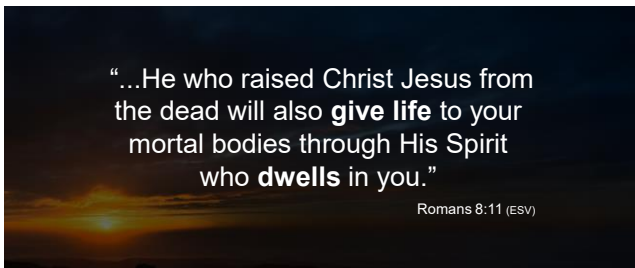
Romans 8:11 (ESV)

25



Christianity isn't behavior modification.
It is a transformation enabled
by a new power source.

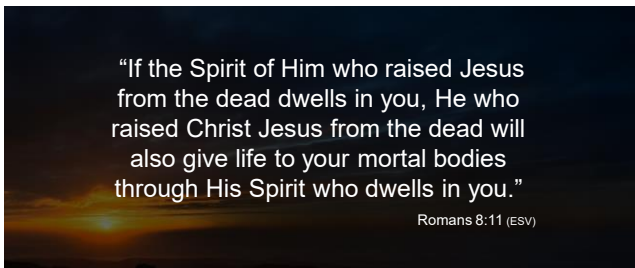
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"...He who raised Christ Jesus from
the dead will also **give life** to your
mortal bodies through His Spirit
who **dwells** in you."

Romans 8:11 (ESV)

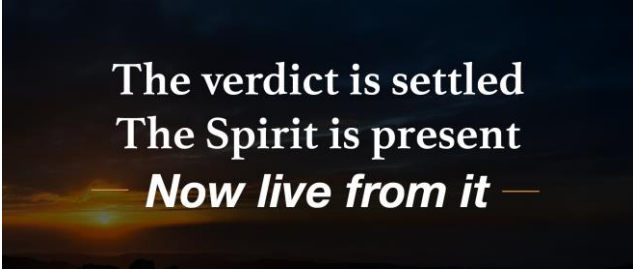
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"If the Spirit of Him who raised Jesus
from the dead dwells in you, He who
raised Christ Jesus from the dead will
also give life to your mortal bodies
through His Spirit who dwells in you."

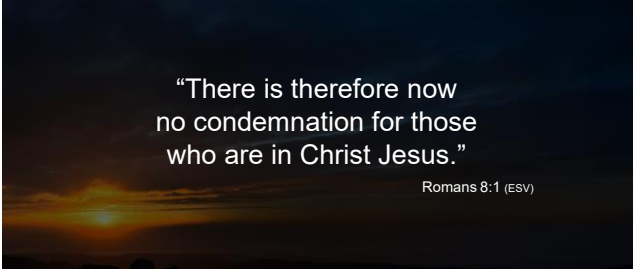
Romans 8:11 (ESV)

28



The verdict is settled
The Spirit is present
Now live from it

29



“There is therefore now
no condemnation for those
who are in Christ Jesus.”

Romans 8:1 (ESV)

30