

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



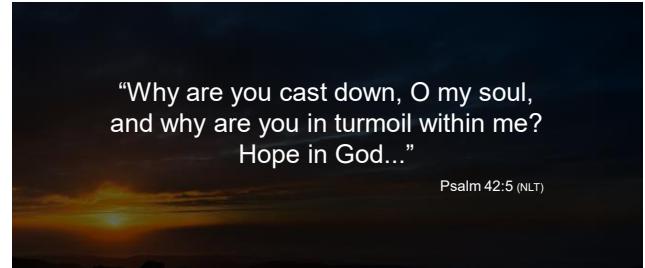
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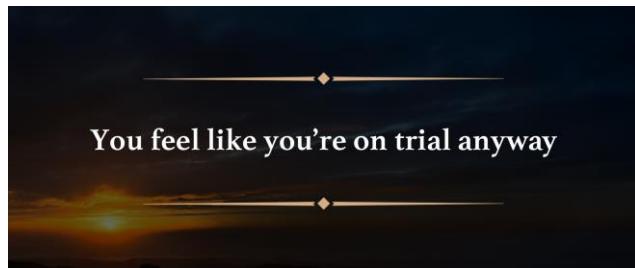
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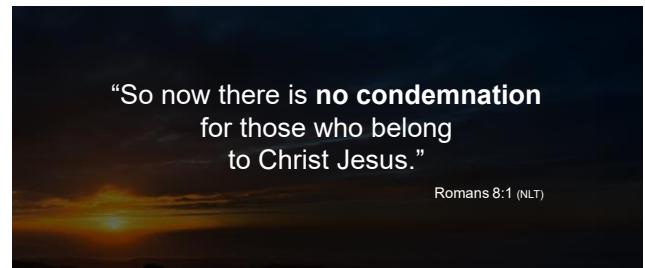
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1 Emotional Strength Begins When Condemnation ENDS

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

Romans 8:1 (NLT)

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

Romans 7:15 (ESV)

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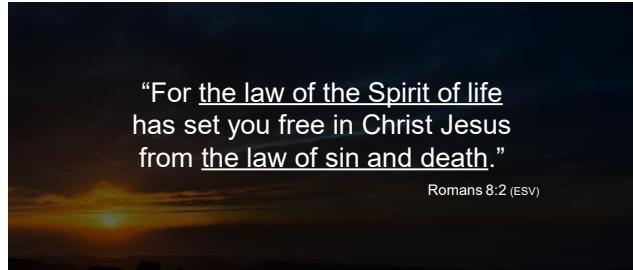
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You cannot be emotionally stable
when you feel spiritually sentenced

Conviction ➔ “Come back”
Condemnation ➔ “Stay away”

7

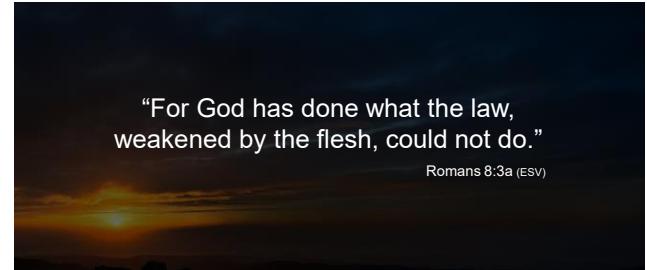
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**“For the law of the Spirit of life
has set you free in Christ Jesus
from the law of sin and death.”**

Romans 8:2 (ESV)

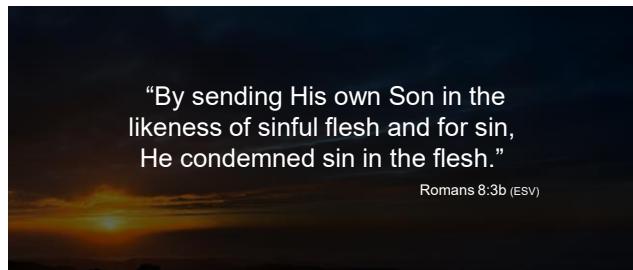
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**“For God has done what the law,
weakened by the flesh, could not do.”**

Romans 8:3a (ESV)

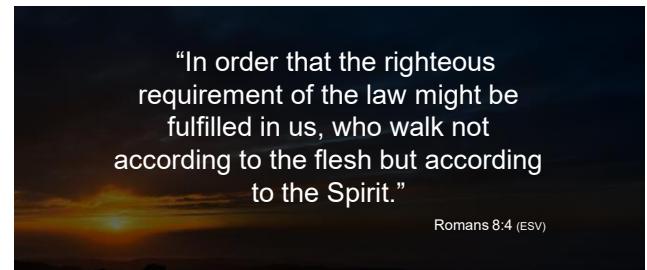
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**“By sending His own Son in the
likeness of sinful flesh and for sin,
He condemned sin in the flesh.”**

Romans 8:3b (ESV)

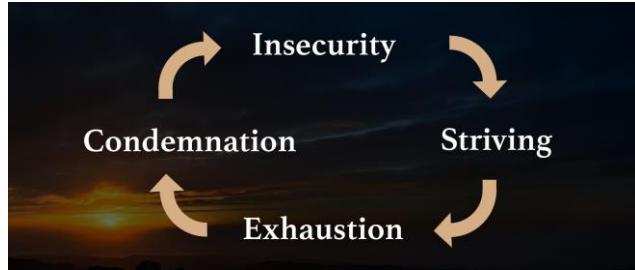
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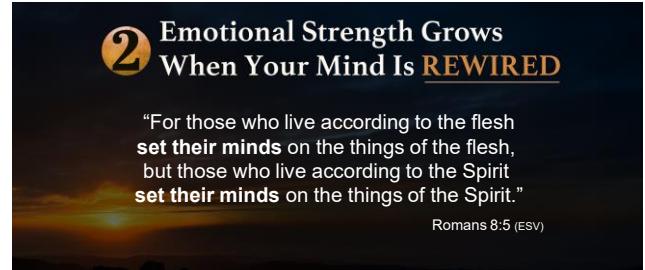
**“In order that the righteous
requirement of the law might be
fulfilled in us, who walk not
according to the flesh but according
to the Spirit.”**

Romans 8:4 (ESV)

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14

The battlefield is a mindset

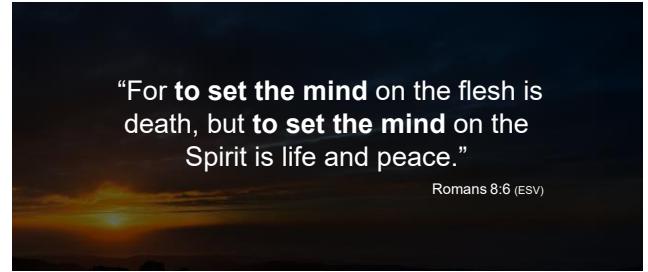
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The flesh mindset ► Death
The Spirit mindset ► Life and peace

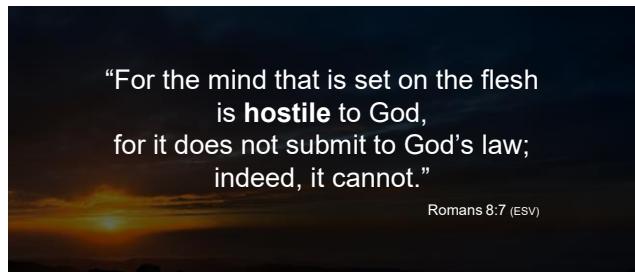
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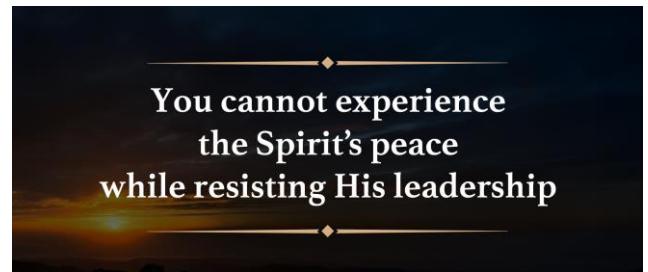
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Romans 8:6 (ESV)

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Romans 8:7 (ESV)

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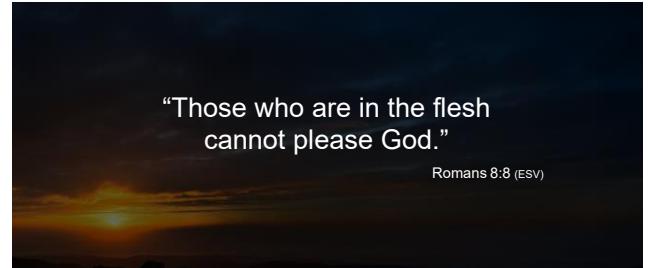


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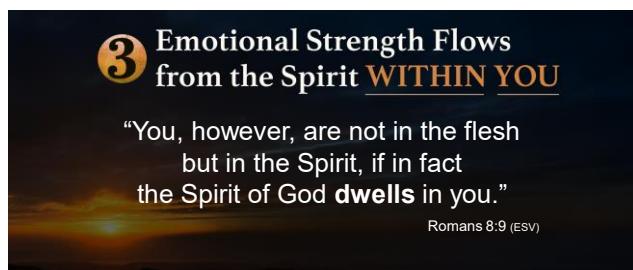
Where your mind rests
determines where your emotions land



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

Romans 8:8 (ESV)

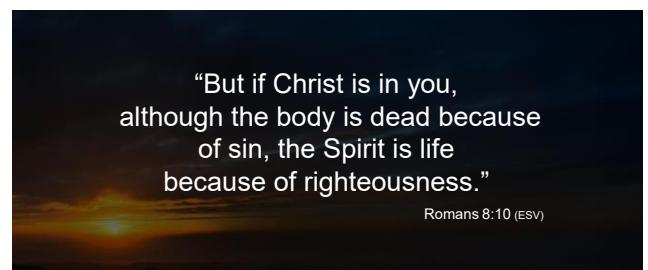


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3 Emotional Strength Flows from the Spirit WITHIN YOU

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

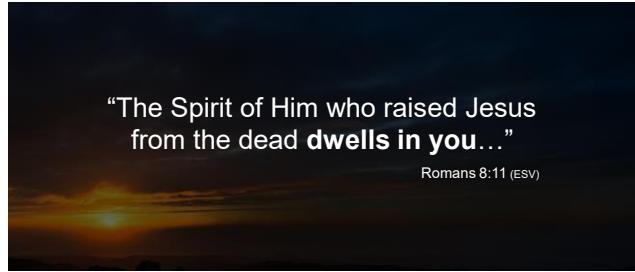
Romans 8:9 (ESV)



“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)

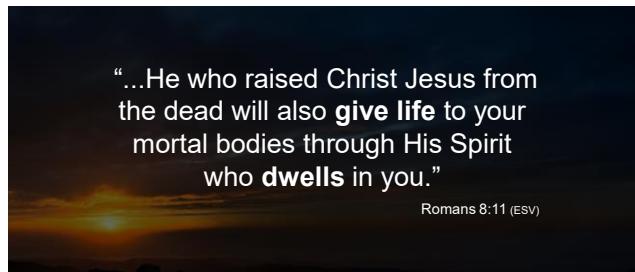
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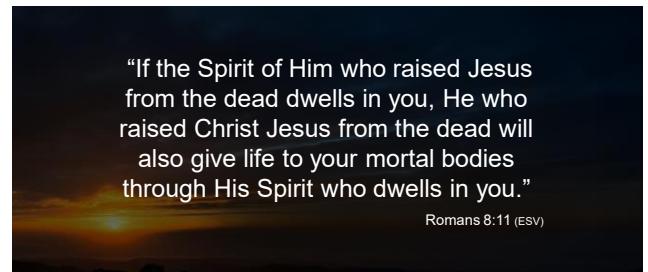
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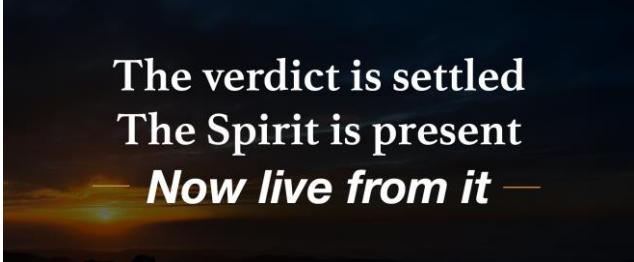
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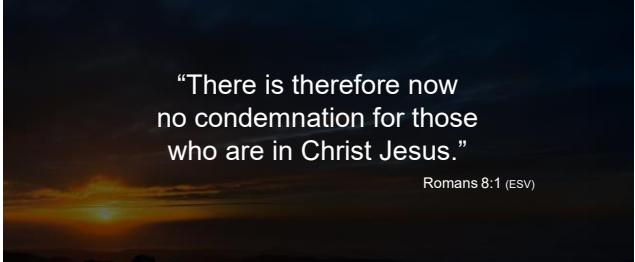


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The verdict is settled
The Spirit is present
— ***Now live from it*** —

29



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

Romans 8:1 (ESV)

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