

WINNING THE WAR WITHIN

A STUDY IN THE BOOK OF ROMANS

First Time Guest?

Stop by the
Welcome To Compass
area for your free gift.



To receive our pastor's daily Prayer/Bible reminder,
text PRAYER to 33777

New Sunday Service Times Starting Sunday, March 1st

Salinas Main St. Saturday 5:00pm & Sunday 8:30 | 10:00 | 11:30am
Marina-Seaside Sunday 10:00am
Salinas Padre Dr. Sunday 10:00am
Spanish Service Padre Dr. Sunday 10:00am
Office: 831-422-7811

TV Broadcasts

KION 46 – Sundays 6:30am
The CW – Sundays 7:30am

WATCH



 SUBSCRIBE



FOLLOW US



CompassChurchMC.org

Breaking Patterns & Generational Cycles

Romans 7:4-6
Winning the War Within
Pastor T.K. Anderson
February 7-8, 2026

1. _____ from the Old Way

"You also have died to the law through the body of Christ..." Romans 7:4a,
Romans 3:20, Mark 10:17-21

2. _____ by a New Way

"...so that you may belong to another, to (Jesus) who was raised from the dead." Romans 7:4b, Luke 19:5-8, Ephesians 2:19

3. _____ by the Spirit's Way

"So that we serve in the new way of the Spirit..." Romans 7:5-6, Acts 6:8,
Galatians 5:16



Give



LifeGroup lessons



Weekly Enews



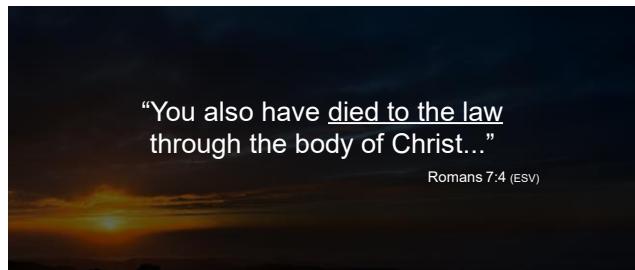
Have you ever noticed how life
has a way of repeating itself?

1



Motivation alone
doesn't break patterns

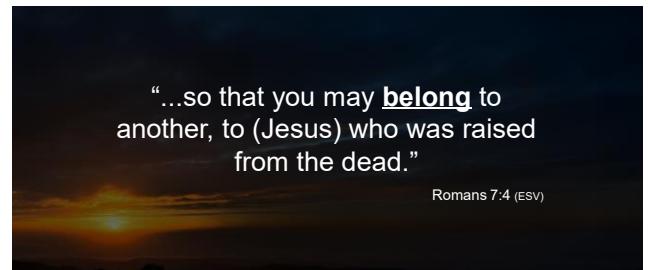
2



"You also have died to the law
through the body of Christ..."

Romans 7:4 (ESV)

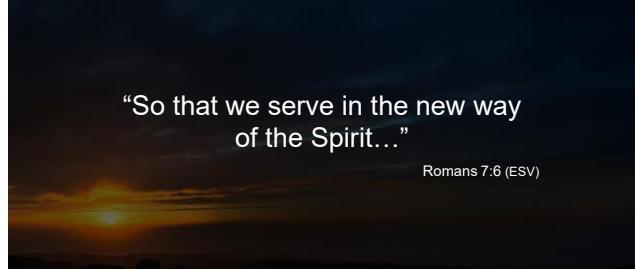
3



"...so that you may belong to
another, to (Jesus) who was raised
from the dead."

Romans 7:4 (ESV)

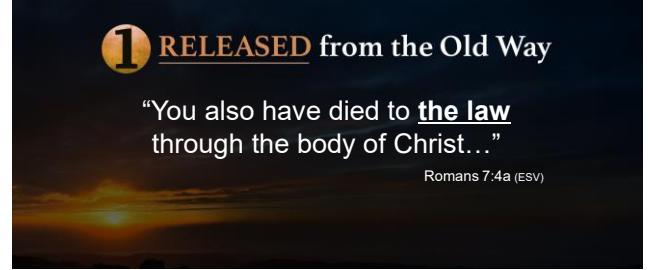
4



“So that we serve in the new way
of the Spirit...”

Romans 7:6 (ESV)

5

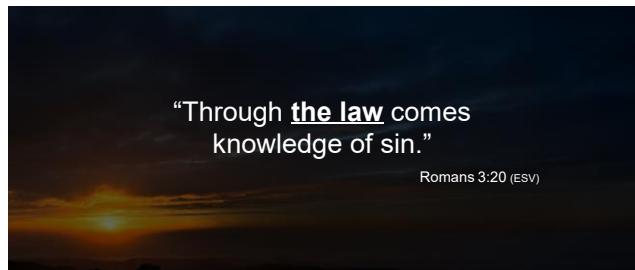


1 RELEASED from the Old Way

“You also have died to **the law**
through the body of Christ...”

Romans 7:4a (ESV)

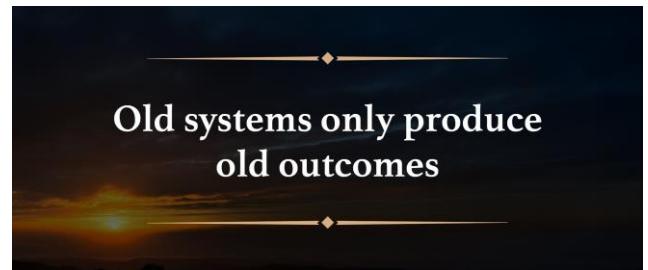
6



“Through **the law** comes
knowledge of sin.”

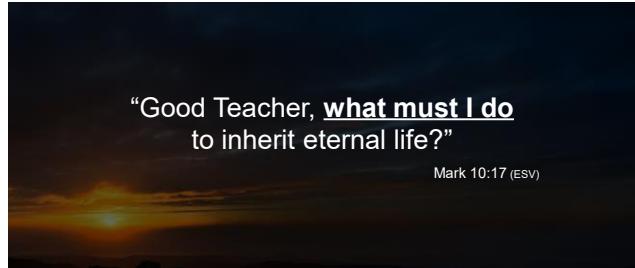
Romans 3:20 (ESV)

7



Old systems only produce
old outcomes

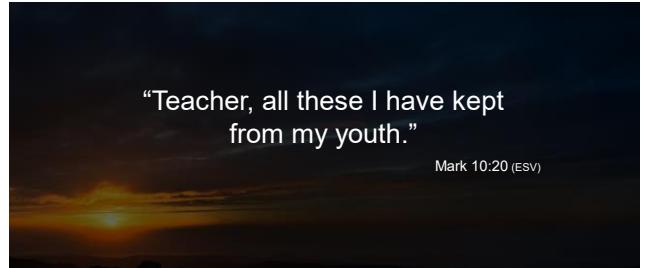
8



“Good Teacher, **what must I do**
to inherit eternal life?”

Mark 10:17 (ESV)

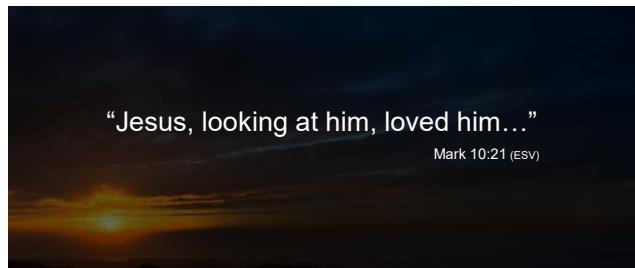
9



“Teacher, all these I have kept
from my youth.”

Mark 10:20 (ESV)

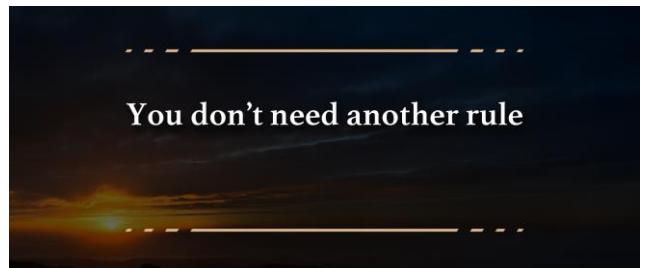
10



“Jesus, looking at him, loved him...”

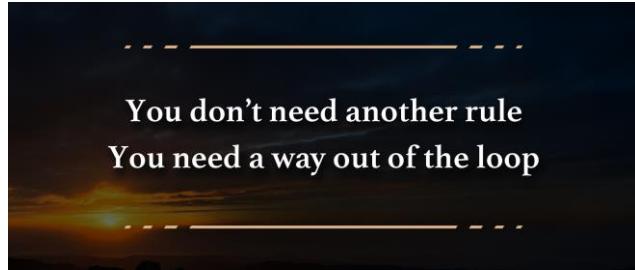
Mark 10:21 (ESV)

11



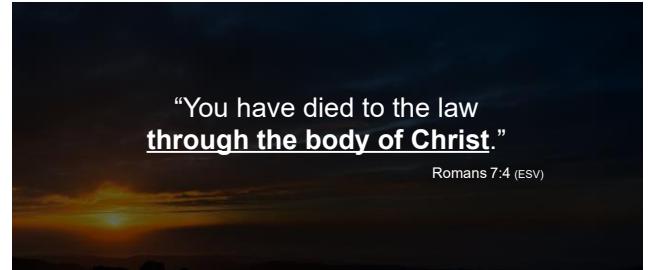
You don't need another rule

12



You don't need another rule
You need a way out of the loop

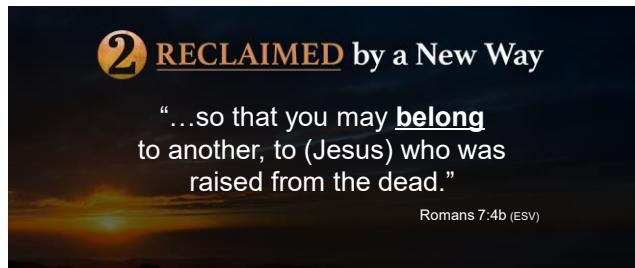
13



**"You have died to the law
through the body of Christ."**

Romans 7:4 (ESV)

14

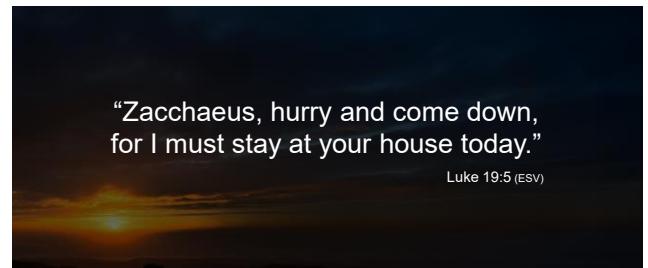


2 RECLAIMED by a New Way

"...so that you may belong
to another, to (Jesus) who was
raised from the dead."

Romans 7:4b (ESV)

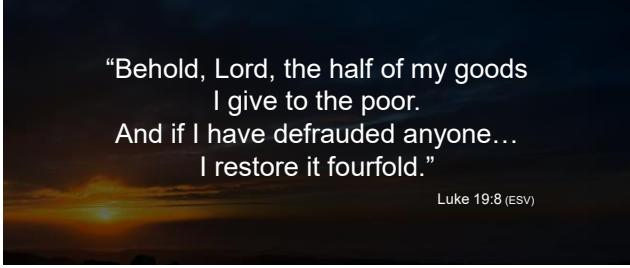
15



"Zacchaeus, hurry and come down,
for I must stay at your house today."

Luke 19:5 (ESV)

16



“Behold, Lord, the half of my goods
I give to the poor.
And if I have defrauded anyone...
I restore it fourfold.”

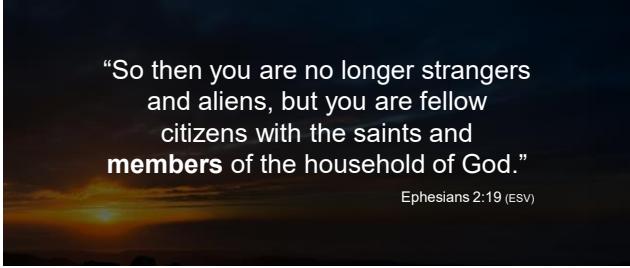
Luke 19:8 (ESV)

17



Belonging Changes Behavior

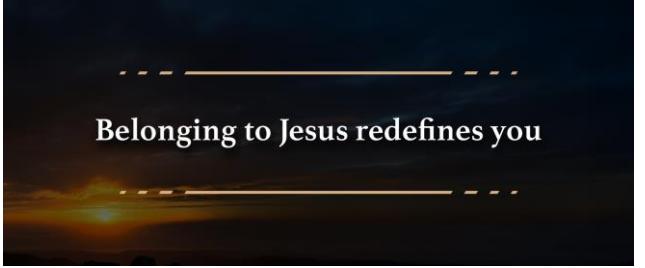
18



“So then you are no longer strangers
and aliens, but you are fellow
citizens with the saints and
members of the household of God.”

Ephesians 2:19 (ESV)

19



Belonging to Jesus redefines you

20



Once belonging is established,
behavior follows

21

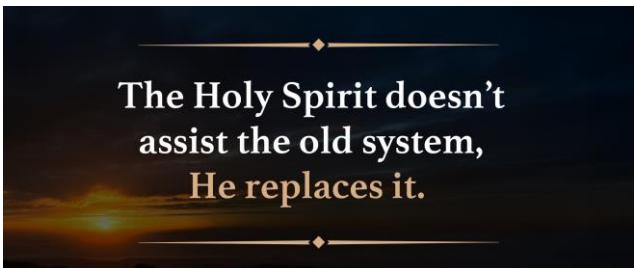


3 RENEWED by the Spirit's Way

“So that we serve in the **new way**
of the Spirit.”

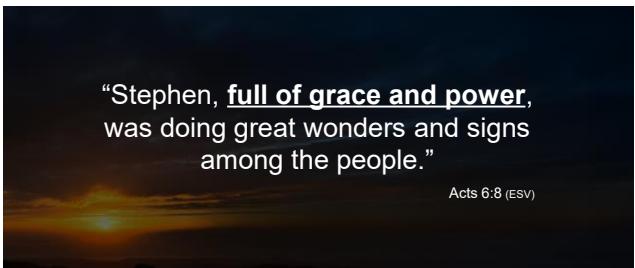
Romans 7:5-6 (ESV)

22



The Holy Spirit doesn't
assist the old system,
He replaces it.

23



“Stephen, **full of grace and power**,
was doing great wonders and signs
among the people.”

Acts 6:8 (ESV)

24

3 RENEWED by the Spirit's Way

“So that we serve in the new way of the Spirit.”

Romans 7:5-6 (ESV)

25



26

“Walk by the Spirit, and you will not gratify the desires of the flesh.”

Galatians 5:16 (ESV)

27

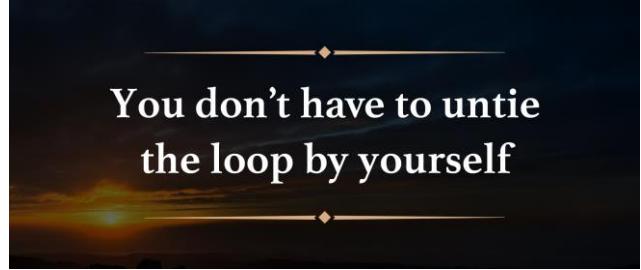
**What the flesh repeats,
the Holy Spirit replaces**

- **Anger gives way to Patience**
- **Fear gives way to Peace**
- **Compulsion gives way to Self-Control**

28



29



30



31