

WINNING THE WAR WITHIN

A STUDY IN THE BOOK OF ROMANS



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Winning Against Anxiety & Internal Chaos

Romans 7:14-25
Winning the War Within
Pastor T.K. Anderson
February 14-15, 2026

1. The War Within is _____ (And You're Not _____)

"I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate." Romans 7:15, Galatians 5:17

2. Trying _____ Increases the Chaos

"I want to do what is right, but I can't." Romans 7:18, 21, John 15:5

3. An Anxious _____ is a Divided Allegiance

"I love God's law with all my heart. But there is another power within me that is at war with my mind." Romans 7:22-23, James 1:8, Psalm 42:5

4. The Turning Point is a _____, Not a Strategy

"Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?" Romans 7:24

5. Victory Comes Through a _____, Not a Process

"Thank God! The answer is in Jesus Christ our Lord." Romans 7:25, Philippians 4:6-7



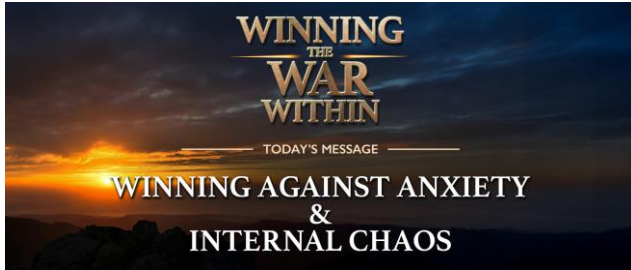
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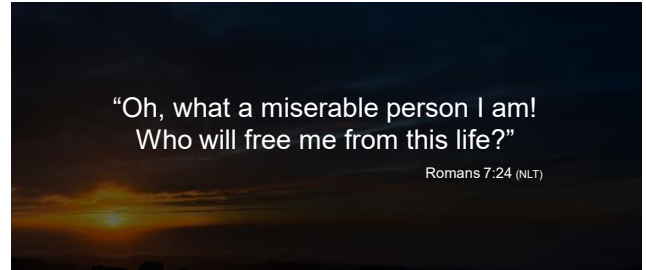
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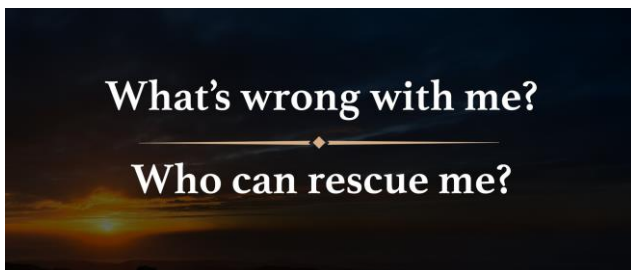
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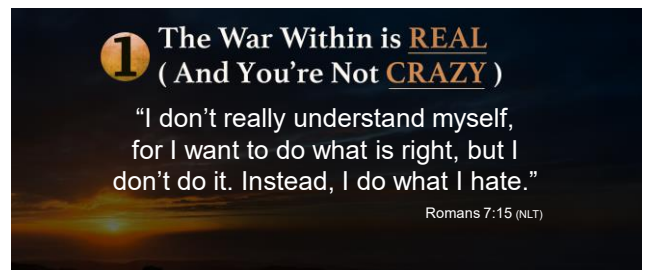
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3



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“The sinful nature wants to do evil,
which is just the **opposite** of what the
Spirit wants. And the Spirit gives us
desires that are the **opposite** of what
the sinful nature desires.
These two forces are
constantly fighting each other.”

Galatians 5:17 (NLT)

5

Dead things don't fight

6

2 Trying **HARDER** Increases the Chaos

“I want to do what is right,
but I can't.”


Romans 7:18 (NLT)

7

“I have discovered this principle of
life—that when I want to do what is
right, I inevitably do what is wrong.”


Romans 7:21 (NLT)

8



Self-control is a good servant,
but a terrible savior

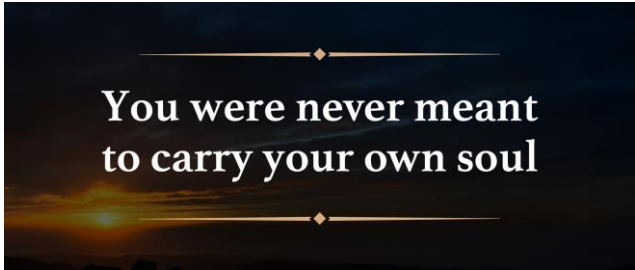
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"Apart from Me,
you can do nothing"

John 15:5 (NLT)

10



You were never meant
to carry your own soul

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3 An Anxious **MIND** is a
Divided Allegiance

"I love God's law with all my heart.
But there is another power within
me that is at war with my mind."

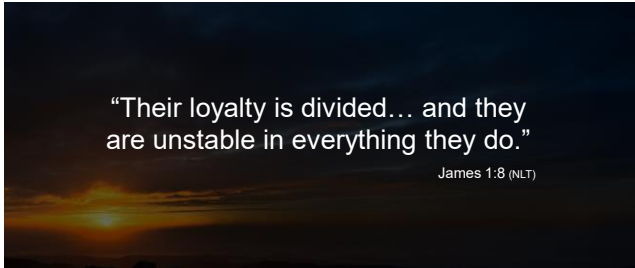
Romans 7:22-23 (NLT)

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Anxiety grows when control
becomes the goal

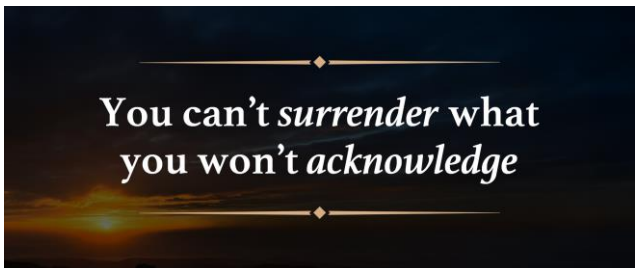
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“Their loyalty is divided... and they
are unstable in everything they do.”

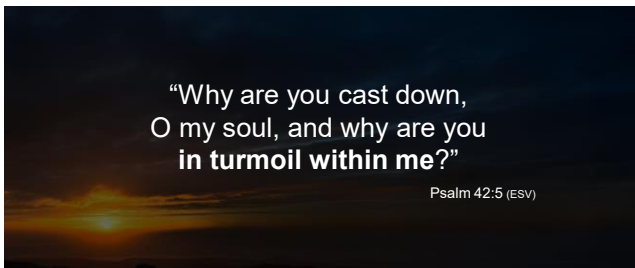
James 1:8 (NLT)

14



You can't *surrender* what
you won't *acknowledge*

15



“Why are you cast down,
O my soul, and why are you
in turmoil within me?”

Psalm 42:5 (ESV)

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4 The Turning Point is a SHOUT, Not a Strategy

“Oh, what a miserable person I am!
Who will free me from this life that
is dominated by sin and death?”

Romans 7:24 (NLT)

17

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The turning point of freedom
is not self-improvement,
it's surrender
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18

5 Victory Comes Through a PERSON, Not a Process

“Thank God! The answer is in
Jesus Christ our Lord.”

Romans 7:25 (NLT)

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