

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



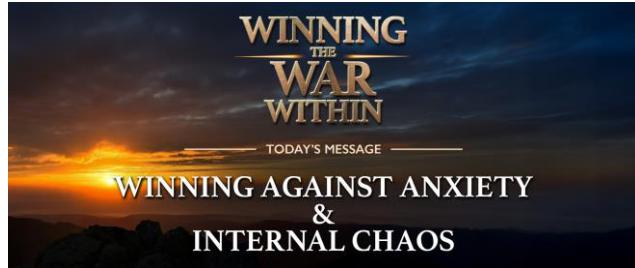
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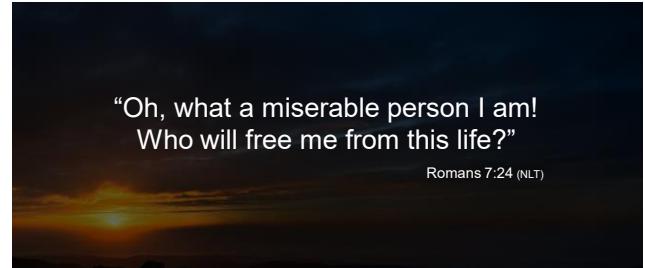
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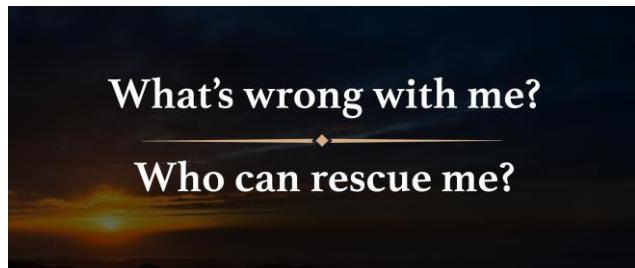
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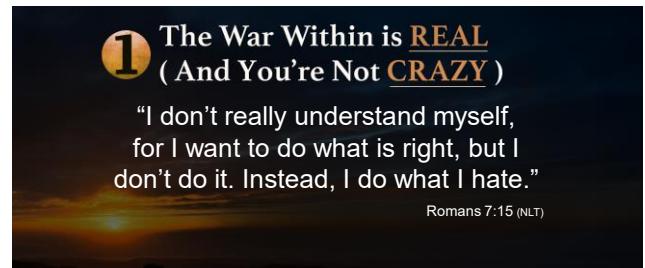
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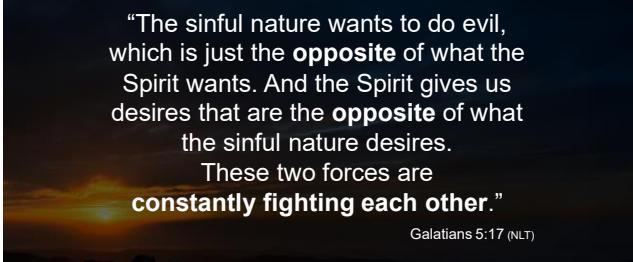
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3



4



“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

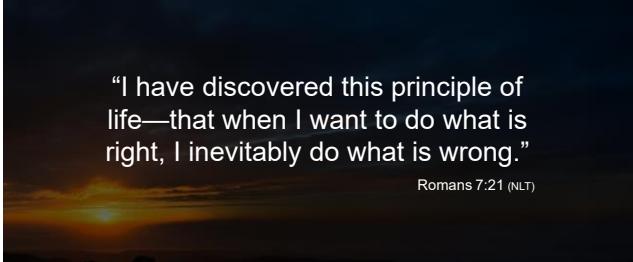
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2 Trying HARDER Increases the Chaos

“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

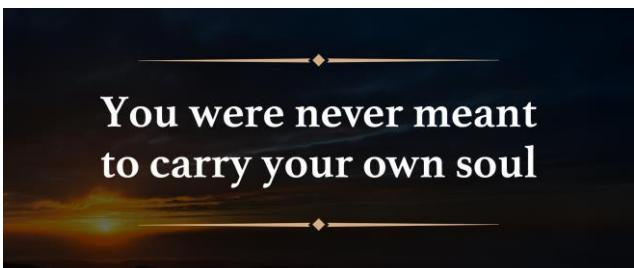
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“Apart from Me,
you can do nothing”

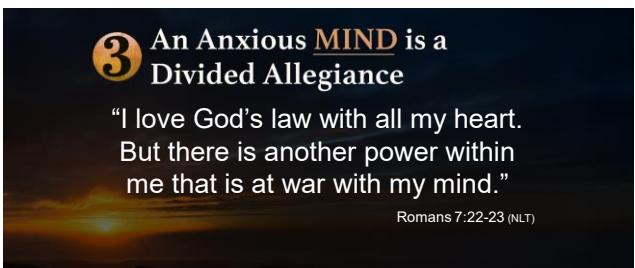
John 15:5 (NLT)

10



You were never meant
to carry your own soul

11



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.”

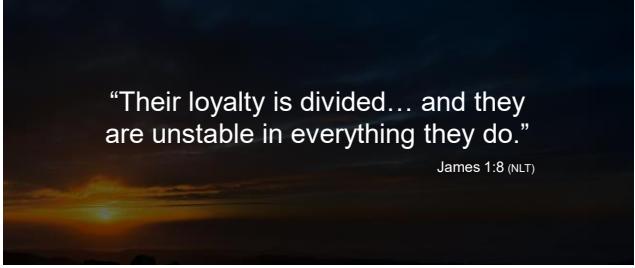
Romans 7:22-23 (NLT)

12



Anxiety grows when control becomes the goal

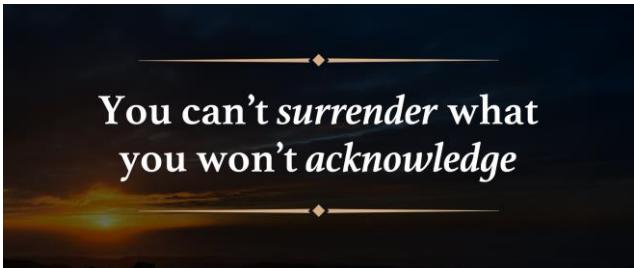
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“Their loyalty is divided... and they are unstable in everything they do.”

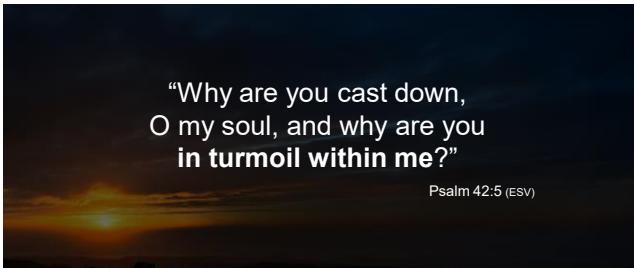
James 1:8 (NLT)

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)

16

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

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

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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