

# WINNING THE WAR WITHIN

A STUDY IN THE BOOK OF ROMANS



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Salinas Padre Dr. Sunday 10:30<sup>am</sup>

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# Renewing Your Mind with God's Truth

Romans 6:12-23  
Winning the War Within  
Pastor T.K. Anderson  
January 31-February 1, 2026

**"Do not let sin control the way you live;  
do not give in to sinful desires."  
Romans 6:12 (NLT)**

## 1. What Reigns in Your \_\_\_\_\_ Rules Your \_\_\_\_\_

**"Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God... For sin is no longer your master." Romans 6:13-14**

## 2. What You Present \_\_\_\_\_ Who You \_\_\_\_\_

**"Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living." Romans 6:16, 19**

## 3. What You \_\_\_\_\_ Determines Where Your \_\_\_\_\_ Is Headed

**"When you were slaves to sin, you were free from the obligation to do right. And what was the result? You are now ashamed of the things you used to do—things that end in eternal doom." Romans 6:20-23**



Give



LifeGroup lessons



Weekly Enews



Have you ever caught yourself  
knowing the right thing...  
and still doing the opposite?

1

- You are no longer who you used to be
- Sin no longer owns you
- Your old life has been buried,  
and your new life has begun

2

"Do not let sin control the way you live;  
do not give in to sinful desires."

Romans 6:12 (NLT)

3



4



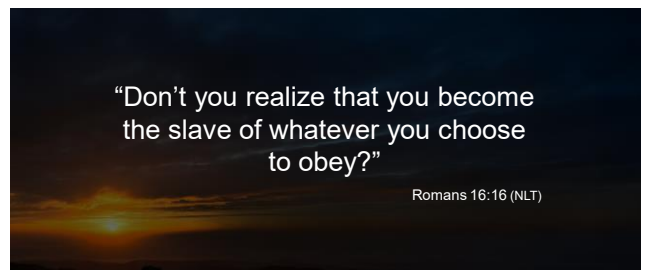
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## 1 What Reigns in Your MIND Rules Your LIFE

"Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God... For sin is no longer your master."

Romans 6:13-14 (NLT)

9



10

- A thought can be present without being in charge
- An emotion can be felt without being obeyed
- An instinct can surface without being surrendered to

11

- When anger reigns, it dictates responses
- When fear reigns, it limits obedience

12

- When a habit reigns,  
it resists change
- When God's truth reigns,  
everything else finds its  
proper place

13

**“Present yourselves to God**  
as those who have been brought  
from death to life.”

Romans 6:13b (ESV)

14

— ◆ —  
You don't need to eliminate every impulse.  
You need to clarify who reigns.  
Because what reigns in your mind...  
will rule your life.  
— ◆ —

15

## 2 What You Present **SHAPES** Who You **BECOME**

“Don't you realize that you become the slave  
of whatever you choose to obey?  
You can be a slave to sin, which leads to  
death, or you can choose to obey God,  
which leads to righteous living.”

Romans 6:16 (NLT)

16



- Habits matter more than intentions
- Routines matter more than resolve
- What you allow access to quietly becomes your teacher

17

"You used to be slaves to (sin)...  
Now you must give yourselves to be  
slaves to righteous living  
so that you will become holy."

Romans 16:19 (NLT)

18

- What you *watch* when no one is around
- What you *rehearse* in your mind when you're tired
- What you *reach* for when stress hits
- What *voices* you allow to shape your reactions

19

—◆—  
You don't drift into righteousness  
You're shaped into it  
—◆—

20

- What you repeatedly give access to will shape your desires
- What you consistently practice will train your instincts
- What you continually obey will begin to feel natural

21

"I'm using an illustration from everyday life because of your human limitations."

Romans 6:19 (NIV)

22

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Righteousness grows the same way sin once did... through consistent exposure, repeated choices, and daily submission.

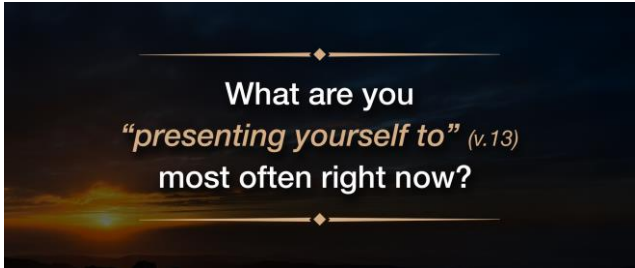
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23

- What once felt *forced* begins to feel *natural*
- What once felt *difficult* becomes *familiar*
- What once required *effort* becomes *instinct*

24





What are you  
*“presenting yourself to”* (v.13)  
 most often right now?

25




### 3 What You OBEY Determines Where Your LIFE Is Headed

“When you were slaves to sin,  
 you were free from the obligation to do right.  
 And what was the result? You are now  
 ashamed of the things you used to do—  
 things that end in eternal doom.”

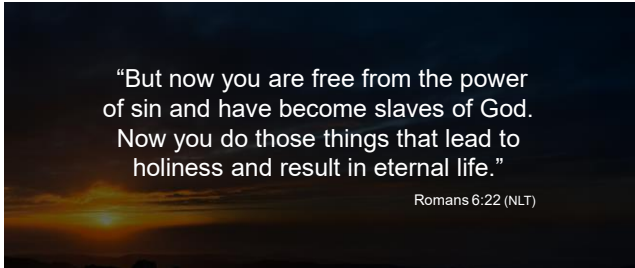
Romans 6:20-21 (NLT)

26



Sin always promises freedom.  
 But the Bible says it quietly delivers regret.

27



“But now you are free from the power  
 of sin and have become slaves of God.  
 Now you do those things that lead to  
 holiness and result in eternal life.”

Romans 6:22 (NLT)

28

"For the wages of sin is death,  
but the free gift of God is eternal life  
through Christ Jesus our Lord."

Romans 6:23 (NLT)

29

- Sin pays *wages*, God gives a *gift*
- Wages are *earned*, Gifts are *received*
- Wages are *predictable*, Gifts are *gracious*

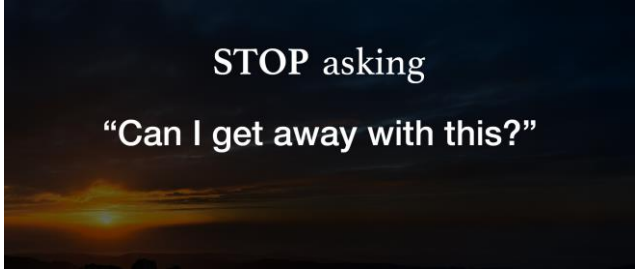
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Sin is very honest about one thing  
it always pays what it promises

31

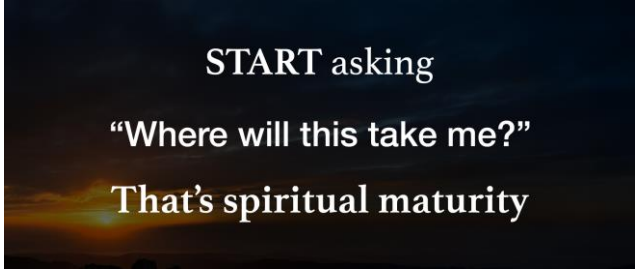
The path you choose to obey  
determines the life you experience

32



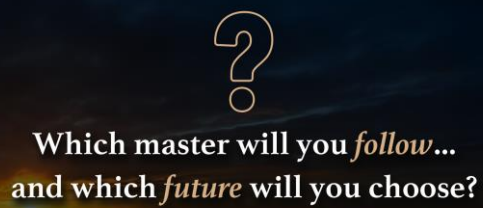
STOP asking  
“Can I get away with this?”

33



START asking  
“Where will this take me?”  
That's spiritual maturity

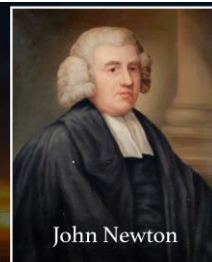
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Which master will you *follow*...  
and which *future* will you choose?

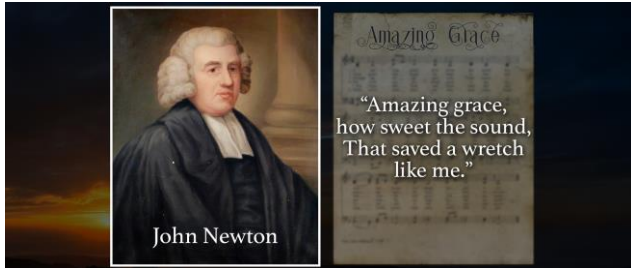
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John Newton

“I was capable  
of anything.”

36



37