

HELP, I'M OUT OF CONTROL
Greater Reward – Part 1
January 4, 2026

Romans 7:15 (NLT) *"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 7:18b-19 (NLT) *"I want to do what is right, but I can't.
¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway."*

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

**Discipline is choosing what you want most
 over what you want now.**

Desires don't determine who you become.
Disciplines determine who you become.
Desires don't determine what you do.
Disciplines determine what you do.

Willpower doesn't work.

Romans 7:24a (NLT) *"Oh, what a miserable person I am!"*



It's not something that you're missing but it's someone.

Romans 7:24b-25a (NLT) *"Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord."*

John 8:34-36 (NIV) *"Jesus replied, 'Very truly I tell you, everyone who sins is a slave to sin. ³⁵ Now a slave has no permanent place in the family, but a son belongs to it forever. ³⁶ So if the Son sets you free, you will be free indeed.'"*

It is not about behavior modification.
It is about Spiritual Transformation.
It starts with identity.

Romans 8:1-4 (NIV) *"Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending His own Son in the likeness of sinful flesh to be a sin offering. And so He condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit."*

Romans 8:14 (NIV) *"For those who are led by the Spirit of God are the children of God."*

Romans 8:16 (NIV) *"The Spirit Himself testifies with our spirit that we are God's children."*

Philippians 4:13 (NIV) *"I can do all this through Him who gives me strength."*

2 Corinthians 5:17 (NIV) *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

**It's the Holy Spirit that gives you the strength
 to choose what you want most over what you want now.**

Galatians 5:16 (NIV) *"So I say, walk by the Spirit, and you will not gratify the desires of the flesh."*

sarx – flesh: sinful nature, sinful desires
peripateo – walk:
as a continuous regular action, a habitual way of life

I Belong to Jesus



Identity drives actions and actions create results.

The Holy Spirit teaches us discipline if we walk by the Spirit.

Galatians 5:22-23 (NASB) *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law."*

Self-control is discipline.
You need the Spirit of God all the time.
**God's Holy Spirit in you helps you choose
 what you want most over what you want now.**