



## Daily Verse and Comment

### Romans 7:24-25

(24) O wretched man that I am! Who will deliver me from this body of death? (25) I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

*New King James Version*

The closer a person draws to [God](#), the more opportunities he has to grow in righteousness ([Isaiah 55:3](#), 6). The more righteous he becomes, the greater appreciation he has for God's law and the more sensitive he will become to his own corruption. Paul's words in Romans 7, written about twenty years into his conversion, reflect his own growing sensitivity to [sin](#), leading to his famous utterance: “O wretched man that I am!”

However, we can easily be overwhelmed by the revelation of our tainted condition. We may feel shame and self-disgust and tend to withdraw from our fellowship within the Body of Christ, drifting away from our only hope—our only solution: God. We are readily discouraged, and if we are not careful, such discouragement often leads to even more sin, further drifting, and a vicious circle that can take us down quickly. We will always struggle with our carnal nature, but just as Paul found encouragement in his relationship with Christ, we, too, can turn to our divine Brother. In Him, there is always hope ([Romans 7:25](#))!

Because of our carnality and our deceitfully wicked heart ([Jeremiah 17:9](#)), we will always struggle to see our sins as God does, but that is our goal. With God's help, a lot of [patience](#), and persistent effort, we can learn to become more righteous. With daily prayer and Bible study, we can discover how to become more holy. With hard work within the fellowship of the Body of Christ, we can understand what it means to become pure as God is pure. While we must learn to respect and fear the corrupting power of sin, we can become more aware of, intimate with, and faithful to the superior

power God grants His children to overcome its corrupting effects ([Romans 6: 5-6](#)).

We do not need to remain weighed down by the dead body of our sinful, carnal nature. We must, instead, call upon the [faith](#) our Creator provides each of us and learn to trust in His promises. He will be faithful!

If we remain faithful, enduring to the end, God, through [Jesus Christ](#), will completely renew us and cleanse the stench of our sinful ways, releasing us from “this body of death.” Then, God willing, we can become a sweet savor in His nostrils.

The author of Hebrews provides us with the perfect summation and conclusion in [Hebrews 12:1-2](#):

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares [and shackles] us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the [joy](#) that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

— Ted E. Bowling

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[This Body of Death](#)

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