

The Battle for Our Emotions The War Within

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What area of your thought life do you battle most often (no details, just general. Example: physical temptations, material temptations, emotional: such as depression, low self-esteem, anger, loneliness, etc)? Which of the 4 categories describing our battle in this lesson did you identify with the most? Why?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Romans 7:7-25

Thought:

Tuesday – Romans 8:1-9

Thought:

Wednesday – Philippians 2:5-11

Thought:

Thursday – 1 John 2:15-17

Thought:

Friday – Ephesians 6:10-12

Thought:

Saturday – Ephesians 6:10-20

Sunday – “*Protect Yourself!*” (The armor of God)

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The Battle for Our Emotions

How to keep from becoming an emotional wreck!



The War Within!

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The War Within

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Romans 7:14-25

- I. **It is an Inner war** – Romans 7:17-25
 - A. It is not a physical fight – Ephesians 6:12
 - B. It is common to everyone – Romans 3:23, 1 John 1:8

- II. **It is a Spiritual war** – Romans 7:14, 21
 - A. God must be involved if we are to have victory – Ephesians 6:10-11
 - B. Who is the enemy?
 - 1. The **WORLD** system – James 4:4-5; 1 John 2:15-17
 - 2. Our **FLESH** (sinful nature) – Galatians 5:16-17
 - 3. The **DEVIL** – 1 Peter 5:8; John 10:10; 2 Corinthians 4:4

- III. **It is a Mental war** – Romans 7:21-25
 - A. The main battlefield is our mind – Romans 8:1-9
 - B. The conditioning & training of the mind is critical to spiritual growth - Romans 12:2; Philippians 2:5; Matthew 22:37; Philippians 3:18-19

- IV. **It is an Ethical war** – Romans 7:7, 12-13
 - A. It is a battle for right and wrong
 - B. The foundation for right & wrong in the Bible

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NOTES