

Sequim Community Church  
Dr. Scott E. Koenigsaecker  
**YOU CAN DO IT!**  
Romans 8:1-11 • January 24, 2021

**INTRODUCTION:**

- A. I'm a believer that everyone has a great idea of their "new, renewing nature" that is theirs in Jesus Christ.
- B. Our "old nature" which holds us back and holds us down  
*...throw off your old sinful nature...Instead... put on your new nature. — Ephesians 4:22-23*
- C. "Old Natures" ways that need putting off so we can put on joy and happiness:  
1. **Shame and guilt** – accuses us and makes us feel terrible about ourselves  
2. **Uncontrolled thoughts** – destructive self-talk and ideas  
3. **Compulsions** – inner negative impulses  
4. **Fear** – binds us up and creates untrue limits on our potential  
5. **Hopelessness** – we get discouraged and feel like nothing positive will happen  
6. **Bitterness** – envy and jealousy  
7. **Insecurity** – makes us do foolish things to prove that we aren't insecure...yet we are

**I. PUTTING ON OUR NEW NATURE**

- A. Remind ourselves daily about what Jesus did for us.  
*So now there is no condemnation for those who belong to Christ Jesus. And because you belong to Him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. — Romans 8:1-2*  
*And remember that those who do not have the Spirit of Christ living in them do not belong to Him at all. — Romans 8:9b*
- B. Ask the Holy Spirit to give us better thoughts.  
*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit [God]. — Romans 8:5*
- C. Realize we have a new ability to say no.  
*You are controlled by the Spirit...you have the Spirit God living in you... the Spirit gives you life... — Romans 8:9-10*  
  - What things do you feel you just can't say no to?  
*Let the Spirit direct your lives and you will not satisfy the desires of the old human nature. — Galatians 5:16*
- D. Focus on the long term, not the short term.  
*We, too, wait with eager hope for the day when God will give us our full rights as His adopted children, including the new bodies He has promised us. We were given this hope when we were saved. — Romans 8:23-24*  
*And we know that God causes everything to work together for the good of those who love God and are called [living] according to His purpose for them. — Romans 8:28*

**CONCLUSION:**