

“Why Can’t I Change?”
Power to Change – Part 1 of 6
Pastor Alex Barrett
September 13, 2026

Failing to change is both frustrating and confusing.

Romans 7:14–18

¹⁴For we know that the law is spiritual but I am of the flesh, sold under sin. ¹⁵For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶Now if I do what I do not want, I agree with the law, that it is good. ¹⁷So now it is no longer I who do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ESV

Romans 7:19–20

¹⁹For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. ESV

Romans 7:21–24

²¹So I find it to be a law that when I want to do right, evil lies close at hand. ²²For I delight in the law of God, in my inner being, ²³but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. ²⁴Wretched man that I am! Who will deliver me from this body of death?

Implications from Romans 7:

- Sin is always close at hand (vv.14,18, 20)
- We can easily be confused by what we do (v.15)
- Our intentions may be good, but our actions bad. (vv.18-19)
- We can want to change, but keep doing the same destructive things. (v.18)
- As we get on the right track, we can easily become self-deceived. (vv. 21, 23)
- We cannot fix our core problems (v. 24)

But...there is hope!

Romans 7:24-25

²⁴Wretched man that I am! Who will deliver me from this body of death? ²⁵Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin. ESV

Christ's grace is the power needed to change...

The Way to Real Change...

- ~~“Christ, then me...”~~
- ~~“Christ, not me...”~~
- **“Christ, through me...”**

The Power to Change Series Preview:

- Winning the War in Your Mind – September 20
- The Habits that Change Everything – September 27
- Breaking Free – October 4
- The Power You Need to Change – October 11
- The Future You – October 18