

August 14–20. Romans 7–16: “Overcome Evil with Good”

In our last lesson (Romans 1 – 6) we discussed how we may become justified. We also discussed blessing from being justified. Today we will continue with that discussion.

Fruits of Justification: Free From Our Carnal-Self

Paul makes it clear that the Law of Moses did not free us from our carnal-self but the gospel of Christ can

Rom 7:6,14-15

[6] But now we are delivered from the law, that being dead wherein we were held; that we should serve in newness of spirit, and not in the oldness of the letter.

[14] For we know that the law is spiritual: but I am carnal, sold under sin.

[15] For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.

What do you think Paul means by “we should serve in newness of spirit, and not in the oldness of the letter”?

It’s more clear in the JST

JST Rom 7:6,14-16

6 But now we are delivered from the law wherein we were held, being dead to the law, that we should serve in newness of spirit and not in the oldness of the letter.

14 For we know that the commandment is spiritual; but when I was under the law, I was yet carnal, sold under sin.

15 But now I am spiritual; for that which I am commanded to do, I do; and that which I am commanded not to allow, I allow not.

16 For what I know is not right, I would not do; for that which is sin, I hate.

(when I was under the law, I was yet carnal

But now I am spiritual... for that which is sin, I hate)

Under the Old Law he was still in his carnal state. But, being justified thru the gospel, his spiritual-self has overcome the carnal and he hates sin

Rom 7:19-24

- [19] For the good that I would I do not: but the evil which I would not, that I do.
 [20] Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.
 [21] I find then a law, that, when I would do good, evil is present with me.
 [22] For I delight in the law of God after the inward man:
 [23] But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.
 [24] O wretched man that I am! who shall deliver me from the body of this death?

What do you think Paul means by, “I see another law... warring against the law of my mind”?

It’s more clear in the JST

JST Rom 7:19,22-24

19 For I know that in me, that is, in my flesh, dwelleth no good thing; for to will is present with me, but to perform that which is good I find not, only in Christ.

22 Now if I do that, through the assistance of Christ, I would not do under the law, I am not under the law; and it is no more that I seek to do wrong, but to subdue sin that dwelleth in me.

23 I find then that under the law, that when I would do good, evil was present with me; for I delight in the law of God after the inward man.

24 And now I see another law, even the commandment of Christ, and it is imprinted in my mind.

(to perform that which is good I find not, only in Christ through the assistance of Christ, I... subdue sin that dwelleth in me now I see another law, even the commandment of Christ, and it is imprinted in my mind)

He can only perform good works through the assistance of Christ. And now the gospel is imprinted in his mind.

Todd Christofferson

“We are dual beings of flesh and spirit and are sometimes at war within ourselves....

“Jesus was also a being of flesh and spirit. He was tested; He understands; He can help us achieve unity within. Therefore, drawing upon the light and the grace of Christ, we strive to give our spirit—and the Holy Spirit—

dominance over the physical. And when we fall short, Christ, by His Atonement, has given us the gift of repentance and the opportunity to try again.” (CR, April 2023)

Paul reminds us that if we are carnally minded we will seek after things that are spiritually destructive

Rom 8:5-10

[5] For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

[6] For to be carnally minded is death; but to be spiritually minded is life and peace.

[7] Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

[8] So then they that are in the flesh cannot please God.

What do we learn about our carnal-selves from these verses?

(they that are after the flesh do mind the things of the flesh
to be carnally minded is death
the carnal mind is enmity against God
in the flesh cannot please God)

David O. McKay

“Man’s earthly existence is but a test as to whether he will concentrate his efforts, his mind, his soul, upon things which contribute to the comfort and gratification of his physical nature, or whether he will make as his life’s [purpose] the acquisition of spiritual qualities.” (Teachings of Presidents of the Church: David O. McKay, pg. 14)

Thru the atonement of Christ you will have the opportunity to be justified and live by the Spirit

Rom 8:1-4,9-10

[1] There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

[2] For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

[3] For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

[4] That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. Receive promise of Abraham

[9] But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

[10] And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

How can our carnal-selves be overcome and we can be made free from sin and death?

(God sending his own Son... That the righteousness of the law might be fulfilled in us_
if Christ be in you, the body is dead... but the Spirit is life
the Spirit of God dwell in you)

Fruits of Justification: Hope

Those who are justified are blessed with the gift of hope

Rom 8:18-19,22-25

[18] For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

[19] For the earnest expectation of the creature waiteth for the manifestation of the sons of God.

[22] For we know that the whole creation groaneth and travaileth in pain together until now.

[23] And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

[24] For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?

[25] But if we hope for that we see not, then do we with patience wait for it.

What do we learn about hope from these verses?

A good definition of hope is, “earnest expectation”

We hope for the redemption of our body

We are saved by hope

We hope for that we see not

Stan Kivett

“As we exercise the faith to obey, we begin to acquire hope. Hope reinforces our faith as we seek to pass the tests of life. Hope in Christ has been equated

with an ‘earnest expectation’. It is behaving according to a firm belief in how things will unfold. It is expecting, not wishing. Hope orients our lives. Hope keeps our eyes focused on eternity. Hope-filled individuals cherish eternal promises enough to cling to them through trials and distractions, while those who lack hope give up what they want most for what they want at the moment.” (Brigham Young University-Idaho Devotional, April 24, 2012)

Fruits of Justification: Spiritual Strength

All things work together for your good

Rom 8:26-28

[26] Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

[27] And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

[28] And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

What kind of events do you think the Lord is referring to when he states that, “all things work together for good to them that love God”?

D&C 122:7

... know thou, my son, that all these things shall give thee experience, and shall be for thy good.

2 Nephi 2:2

Nevertheless, Jacob, my firstborn in the wilderness, thou knowest the greatness of God; and he shall consecrate thine afflictions for thy gain.

Jeffrey R. Holland

“If we give our heart to God, if we love the Lord Jesus Christ, if we do the best we can to live the gospel, then tomorrow—and every other day—is ultimately going to be magnificent, even if we don’t always recognize it as such. Why? Because our Heavenly Father wants it to be! He wants to bless us. A rewarding, abundant, and eternal life is the very object of His merciful plan for His children! It is a plan predicated on the truth ‘that all things work together for good to them that love God’ (Romans 8:28). So keep loving.

Keep trying. Keep trusting. Keep believing. Keep growing. Heaven is cheering you on today, tomorrow, and forever.” (CR, April 2016)

How are some of the ways the ways God makes our afflictions, hardships, disappointments, tragedy, etc, work for your good?

(give us experience)
(sanctification processes)

You will be blessed to be able to feel the love that Christ has for you

Rom 8:31,35-39

[31] What shall we then say to these things? If God be for us, who can be against us?

[35] Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

[36] As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter.

[37] Nay, in all these things we are more than conquerors through him that loved us.

[38] For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

[39] Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

What can we do to assure that we never doubt God’s love for us?

Dale G. Renlund

“Sometimes we may not feel His love, but it is always there. God’s love is perfect. Our ability to sense that love is not.

“The Spirit plays a pivotal role in communicating God’s love to us. Yet the influence of the Holy Ghost can be obscured by strong emotions, such as anger, hate, or fear. So too, behaviors that distance us from the Holy Ghost, including sin, make it difficult for us to perceive God’s love for us....

“We can also try to improve our receptivity to God’s love by asking ourselves, ‘Is my love for God constant, or do I love Him when I have good days but not so much when I have bad days?’” (CR, April 2022)

The belief that you have in Christ will continue to grow

Rom 10:10,13-17

[10] For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

[13] For whosoever shall call upon the name of the Lord shall be saved.

[14] How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?

[15] And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!

[16] But they have not all obeyed the gospel. For Esaias saith, Lord, who hath believed our report?

[17] So then faith cometh by hearing, and hearing by the word of God.

According to these verses, how do we gain and strengthen the testimony that Jesus is the Christ?

(hearing by the word of God)

D. Todd Christofferson

“In the end, the central purpose of all scripture is to fill our souls with faith in God the Father and in His Son, Jesus Christ—faith that They exist; faith in the Father’s plan for our immortality and eternal life; faith in the Atonement and Resurrection of Jesus Christ, which animates this plan of happiness; faith to make the gospel of Jesus Christ our way of life; and faith to come to know ‘the only true God, and Jesus Christ, whom [He has] sent’ (John 17:3).

“The word of God, as Alma said, is like a seed planted in our hearts that produces faith as it begins to grow within us.... Faith comes by the witness of the Holy Spirit to our souls, Spirit to spirit, as we hear or read the word of God. And faith matures as we continue to feast upon the word.” (CR, April 2010)

Fruits of Justification: Adoption

Paul tell the gentiles that he is teaching that they can be adopted into the posterity of Abraham and be partakers of the Abrahamic promise

Rom 8:4,14-15

[4] That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. Receive promise of Abraham

[14] For as many as are led by the Spirit of God, they are the sons of God.
[15] For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.
[16] The Spirit itself beareth witness with our spirit, that we are the children of God:
[17] And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

What do you think Paul means when he tells the Romans that they “have received the Spirit of adoption”?

They have been adopted into Abraham's seed and receive his promise

(if children, then heirs; heirs of God, and joint-heirs with Christ)

Russell M. Nelson

“The gospel net to gather scattered Israel is expansive. There is room for each person who will fully embrace the gospel of Jesus Christ. Each convert becomes one of God’s covenant children, whether by birth or by adoption. Each becomes a full heir to all that God has promised the faithful children of Israel!” (CR, Oct. 2020)

Paul speaks of grafting branches in the natural olive tree which is a metaphor for being adopted into the house of Israel

Rom 11:16-19

[16] For if the firstfruit be holy, the lump is also holy: and if the root be holy, so are the branches.

[17] And if some of the branches be broken off, and thou, being a wild olive tree, wert grafted in among them, and with them partakest of the root and fatness of the olive tree;

[18] Boast not against the branches. But if thou boast, thou bearest not the root, but the root thee.

[19] Thou wilt say then, The branches were broken off, that I might be grafted in.

[20] Well; because of unbelief they were broken off, and thou standest by faith. Be not highminded, but fear:

[21] For if God spared not the natural branches, take heed lest he also spare not thee.

What is the promise to the Gentiles if they receive the gift of justification?

(thou, being a wild olive tree, wert grafted in among them, and with them partakest of the root and fatness of the olive tree)

Brigham Young

“If any of the Gentiles will believe, we will lay our hands upon them that they may receive the Holy Ghost, and the Lord will make them of the house of Israel. They will be broken off from the wild olive tree, and be grafted into the good and tame olive tree, and will partake of its sap and fatness.”
(JD, 2:266)

Gospel Principles

Paul summarizes the gospel as presented by Jesus during His ministry

Rom 12:9-21

[9] Let love be without dissimulation. Abhor that which is evil; cleave to that which is good.

[10] Be kindly affectioned one to another with brotherly love; in honour preferring one another;

[11] Not slothful in business; fervent in spirit; serving the Lord;

[12] Rejoicing in hope; patient in tribulation; continuing instant in prayer;

[13] Distributing to the necessity of saints; given to hospitality.

[14] Bless them which persecute you: bless, and curse not.

[15] Rejoice with them that do rejoice, and weep with them that weep.

[16] Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.

[17] Recompense to no man evil for evil. Provide things honest in the sight of all men.

[18] If it be possible, as much as lieth in you, live peaceably with all men.

[19] Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

[20] Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head.

[21] Be not overcome of evil, but overcome evil with good.

Rom 13:9-14

[9] For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself.

[10] Love worketh no ill to his neighbour: therefore love is the fulfilling of the law.

[11] And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

[12] The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light.

[13] Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying.

[14] But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.