

Love, Sex, Regret And Grace: Breaking Free! | Love & Sex, Pt. 4

February 22, 2025

Pastor Paul Baldwin ~ February 22nd & 23rd, 2025

“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 \(NLT\)](#)

1. The struggle is real.

“I don’t really understand myself, for I want to do what is right, but I don’t do it...And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it any way. But if I do what I don’t want to do, I am not really the one doing wrong, it is sin living in me that does it. I have discovered this principle of life – that when I want to do what is right, I inevitably do what is wrong. I love God’s law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me.” [Romans 7:15, 18-23 \(NLT\)](#)

2. Jesus steps in.

“So now there is no condemnation for those who belong to Christ Jesus.” [Romans 8:1 \(NLT\)](#)

“...if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. He HIMSELF is the sacrifice that atones for our sins—and not only our sins but the sins of all the world.” [1 John 2:1-2 \(NLT\)](#)

3. The Spirit breaks the rope.

“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 8:2 \(NLT\)](#)

“For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.” [2 Corinthians 3:17 \(NLT\)](#)

Then How Should I Respond?

Accept GOD’S GRACE—His death purchased our freedom! [Ephesians 1:7](#)

Reject the GUILT—In Jesus, we are set free from guilt. (DROP THE ROPE) [Romans 8:1](#)

Move forward in FREEDOM—Don't look back. *LOOK & LEAN FORWARD!* [Ephesians 3:13](#)

Prayer:

"God, thank You for loving me as I am. I need Your grace and freedom. I surrender my regret, my guilt, and my life to You. Amen."

For your own notes:

Daily Bible Readings

Monday—[Luke 7:1-30](#)//**Tuesday**—[Luke 7:31-50](#)

Wednesday—[Luke 8:1-21](#)//**Thursday**—[Luke 8:22-56](#)

Friday—[Luke 9:1-36](#)//**Saturday**—[Luke 9:37-62](#)

Sunday—[Luke 10:1-24](#)

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Bring a friend and join us online or in-person next weekend as we begin a new series:

FROM THE CROSS

Weekend Service Times:

Saturday **6:15 p.m.**

Sunday **10:30 a.m. & 12:15 p.m.**