



Jesus Does What I Can't

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Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! Romans 7:24-25a (ESV)

At seven years old, on the way home from church, Matt sat in the back seat of the car and proudly announced to his parents that he wasn't going to sin anymore. Both of his parents chuckled, and his dad told him that he hoped he was right.

Matt's promise was short-lived. After arriving home, he didn't like what his mom made for lunch and complained about it. Shortly after lunch, he and his brother had to go to timeout for fighting over Legos. Then before bed, he got in trouble again for sneaking cookies after he brushed his teeth.

Matt really did mean it when he told his parents he wasn't going to sin anymore. But by the end of the day, he had already broken his promise several times!

Have you ever told yourself that you weren't going to sin anymore only to find yourself still doing wrong things? Maybe you promised not to argue with your brother or sister. Maybe you said you would stop complaining or always obey your parents right away. But sometimes we still do the wrong thing, even when we don't want to.

That happened to the apostle Paul too. He loved God and wanted to do what was right. But he still struggled with sin. That is why he cried out, "Wretched man that I am! Who will deliver me from this body of death?" (Romans 7:24).

Notice what Paul does not ask. He doesn't ask, "How can I try harder?" or "What rules can I follow to fix myself?" He asks, "Who will rescue me?" Paul knew he needed more than self-control. He needed a Savior. A deliverer.

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And then Paul gives the answer: "Thanks be to God through Jesus Christ our Lord!" (Romans 7:25).

Your peace with God does not depend on you finally getting it right. It depends entirely on Jesus who already got it right for you. The harder you try to save yourself, the more tired you become. The more you trust Jesus, the more rest you find.

Jesus does what we can't. True rest begins when you reach the end of yourself and find Christ waiting there. So, rest in Jesus!

Questions to Consider

- In the Bible verse, Paul asks who will rescue him from his mistakes, and then he says, “Thanks be to God through . . .” Who is the Savior Paul is thanking?
- Have you ever tried really hard to be good (like sharing your toys or listening right away) but still made a mistake? How does it feel to know that Jesus always forgives you and loves you anyway?
- Why couldn’t Paul save himself from his sin?
- Paul didn’t ask for a checklist of rules to fix himself but instead asked who would rescue him. Why is looking to a person (Jesus) better than just trying to follow a checklist of rules when we mess up?
- True or False: We are both a sinner and a saint at the same time.
- Sometimes Christians keep struggling with the same sins. How does knowing that Jesus has already forgiven you help you avoid giving up or feeling hopeless?