

Kick out the Intruder!

By Daphne Cortese-Lambert September 10, 2026

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As we desire to grow in relationship with God through obedience to His word, we become more aware of habits and attitudes that do not align with that identity. This awareness can feel overwhelming, frustrating, and guilt-inducing, and the enemy may use it to make change seem impossible or pointless. Yet this struggle reveals an important truth: we cannot defeat our sin nature in our own strength. That is why Jesus, the Living Word of God, gave His life to pay for our sin, secure our forgiveness, and give us the Holy Spirit to strengthen us as we awaken to our true nature in Christ.

Romans 7:15–25 is a familiar passage where Paul describes the inner struggle of wanting to do what is right yet still falling short. In verse 15, he says, “I am a mystery to myself, for I want to do what is right, but end up doing what my moral instincts condemn.” If we are honest, we have all felt this tension at times. Yet this passage offers a valuable lesson about the power of conviction rather than condemnation. Verse 20 says, “So if my behavior contradicts my desire to do good, I must conclude that it is not my true identity doing it, but the unwelcome intruder of sin hindering me from being who I truly am.” You are not a slave to your habits; sin is an intruder that must be removed! As verse 22 reminds us, “Truly, deep within my true identity, I love to do what pleases God.” In these moments, we awaken to truth of our identity as children of God, with opportunity to choose freedom, and honor God through our response.

The solution is found in Christ: “So now, the case is closed. There remains no accusing voice of condemnation against those who are joined in life-union with Jesus, the Anointed One. For the ‘law’ of the

Spirit of life flowing through the anointing of Jesus has liberated us from the 'law' of sin and death. For God achieved what the law was unable to accomplish, because the law was limited by the weakness of human nature" (Rom. 8:1–3). When we accept Jesus into our hearts, we receive this life-union with Him. The sin we struggle with is an intruder, not part of our true nature. Stop giving it power; surrender to Christ and walk in freedom. "For you died (to this world), and your (new, real) life is hidden with Christ in God" (Col. 3:3 AMP).