

Romans 7

ASVh with Comments

Summary. In this chapter, the Holy Spirit teaches us that, released from the law of sin through the blood of the beloved Son of God, the true believer follows the commandment from heaven and, recognizing their own unworthiness, gives thanks to the Lord God Almighty for the salvation of the soul through the Lord Jesus Christ. **Romans 7:1-8.** Released from the law of sin under the blood of the beloved Son of God. A true believer feels bound to follow the commandments of the Lord as long as they live, regardless of the situations they are in. The soul that dies under the blood of the beloved Son of God is alive by His resurrection. When you are reborn under the blood of the Lord Jesus, you are released from the law of sin. The true believer should follow everything that is written in the Holy Word. **Romans 7:9-16.** The commandment is from heaven. The Lord God Almighty has given the commandment from heaven for helping and giving life to the soul that obeys and follows the commandment, which will lead the soul to live for eternity with Him up in heaven. The Lord God Almighty gives way out for all humans; follow and obey the commandment, and when obeying, sin will have no room to enter and disturb the mind. **Romans 7:17-25.** Recognize that we are unworthy. The heart wants to do and follow the commandment, but the mind, which has been occupied with dark thoughts from the world, discourages the heart from doing what is right. It is essential to recognize our unworthiness and give thanks to the Lord God Almighty for sending His Son, Jesus Christ, to save our souls. We are human flesh, full of sin, born out of sin, but we must use that sin in the humbleness of heart to glorify the Lord God Almighty. By abiding in the love and mercy of the beloved Son of God, the voice of our souls will be heard through Him.

¹ Or are **you** ignorant, **brothers**—for I speak to **those knowing** the law—that the law **has** dominion over the man for as long time as he lives?

Comments Romans 7:1. "... for I speak to those knowing the law." Between believers who know the commandments and have a heart that follows the commandments of the Lord, the ears of physical will hear, and the heart of spiritual will acknowledge that what has been written down as a law must be followed.

"The law has dominion over the man." The true heart of a man who follows the commandments of the Lord, that heart will follow what has been written down; even if the feeling is not to follow, but the true heart will convince the mind to follow the commandments without doubting.

"For as long time as he lives." The true heart of him that follows the commandments will not allow him to go and do against the commandments; as long as his physical body is still alive, the heart will not give him peace if he disobeys the commandments of the Lord.

² For the woman **under** a husband is bound by law to the **living** husband; however, if the husband **should** die, she is **abolished** from the law of the husband.

Comments Romans 7:2. "For the woman under a husband." For a woman, once she has a husband, she always, by the commandment of the Lord, belongs to her husband as long as her husband is alive.

"Is bound by law to the living husband." The Lord God Almighty hates adultery. Once she is married, she must be faithful to her husband until death.

"However, if the husband should die ..." The Lord God Almighty gives this commandment: after marriage, the man and woman become one in the Lord. Both are one in this physical world until the physical death of either one occurs, which ends that marriage. The Lord God Almighty follows His own commandments to be one in marriage; in this world, only death can separate and end the situation.

³ So, then, the husband **being alive**, she **will** be called an adulteress if she **becomes** another man's; **however**, if the husband **should** die, she is free from the law, so **as not for her to be an** adulteress, **having become** another man's.

Comments Romans 7:3. "So, then, the husband being alive ..." Humans try to give themselves reasons to disobey the commandment of the Lord. When a woman marries, her freedom of the physical body belongs to her husband; even when they are not together, neither has the freedom to search or act. When two become one in the Lord God Almighty's eyes, those two physical relationships will not end, unless they die

apart from this earth. But, if any part commits adultery, for the Lord God Almighty, that sin itself is disobedience and considered blasphemy to the commandment itself to be united as one. They can end the bond, but still should not seek another; better off staying alone than joining with someone. But each has weaknesses, and the Lord God Almighty will guide the heart of each. When the partner is still alive, they should not marry someone else again. By the commandment itself, reconciliation is the only way for a person. To avoid judgment, reconciling or staying unmarried is the best thing.

“However, if the husband should die ...” The only way for a marriage to end is when the life of this earth is over. Regardless of the situation that happens, the marriage remains until the end of this physical life. This law applies to all those who say they belong to the Lord.

⁴ Therefore, my brothers, you also have been put to death to the law through the body of Christ, for you to belong to another, to the One having been raised from the dead, so that we should bear fruit to God.

Comments Romans 7:4. “... through the body of Christ.” The Lord God Almighty, with love and mercy for all humans, when He looks upon their souls through the eyes of the beloved Son of God, He also sees the blood that covers them. When the beloved Son of God, Jesus Christ, took the last breath in human form, the blood that He shed also covers every soul that has faith and believes in His mercy. The Father sees the death of sin in that soul through the blood; that soul is set free from sin and reborn in the blood of the beloved Son, waiting for the judgment day. The beloved Son has already completed the law for all humans. For the Father, the law (the Old Testament sin-offerings law) is completed in the death of His Son.

“For you to belong to another ...” The soul that dies under the blood of the beloved Son of God is alive by His resurrection, waiting to receive the judgment.

“So that we should bear fruit to God.” Every soul that completes heart and mind, physically receives the baptism in water and in the Holy Spirit, receives the second chance for judgment in the blood of the beloved Son of God.

⁵ For when we were in the flesh, the sinful passions that were through the law, were at work in our members to bear fruit to death.

Comments Romans 7:5. “For when we were in the flesh ...” As humans, when the mind does not think and meditate on the teachings of the Holy Word, it leads the heart astray and seeks the pleasures of the physical. The Lord God Almighty has given the way out to all humans. But because of the weakness of their hearts, they want to stay and take the easy way, without working, by enjoying the things of the world. They see the commandments of the Lord as hard work and an obstacle to the pleasures of the mind and the physical.

“Were at work in our members to bear fruit to death.” All humans remember: the pleasures of this world lead your soul to death and prevent you from entering into the light. Meditate on the Holy Word, which will lead the soul to abide in the true light and be happy for eternity. Come and worship the Lord with all your might, and your heart and mind will be set free from the dark influence.

⁶ However, now we have been released from the law, having died to that which we were bound, in order for us to serve in newness of the Spirit, and not in oldness of the letter.

Comments Romans 7:6. “However, now we have been released ...” Humans are born with a sinful nature; in that nature, the soul is also bound to sin. But when whoever comes to the true light and glorifies the Lord God Almighty with a sincere heart, accepts the suffering of the beloved Son of God being reborn under the blood, that soul also becomes the son of God and glorifies the Lord God Almighty. That person is considered a new person under the blood; when you are reborn under the blood of the Lord Jesus, you are released from the law of sin.

“In order for us to serve in newness ...” The life after being reborn under the blood of the Lord Jesus serves under grace and mercy. The old life lived in accordance with the commitment is no different; it does not renew the soul. But after being reborn, the feeling within the soul gives a different meaning to the actions that follow, because it now follows the Lord Jesus.

⁷ What then shall we say? Is the law sin? Forbid it. Rather, I had not known sin, except by the law; for I had not known coveting, except the law had said, You shall not covet.

Comments Romans 7:7. “What then shall we say? ...” Humans have questions: does sin really mean do not do it never, or rather just skip at this time, but another time that sin is not that bad to do? But the meaning itself of the commandment is: do not commit any sin, especially the ones that have been written down. All sins are sins; do not commit any.

Q: Why do we use the phrase “forbid it” in this verse? **A:** In this place, the phrase “forbid it” also means that you should not even think about it. In the human mind, when thinking of sin, the mind will try to find a way to do it. But the verse itself wants to tell us: do not sin and do not even think about sin. The true believer should follow everything that is written in the Holy Word; nothing in it should be left out, forbidding even the thought of sin itself.

“Rather, I had not known sin ...” With a clean mind, humans want to find a way to go around the Word the Lord had given: do not commit sin, by word or action, against what has been written. Every kind of sin is sin. Do not think about whether it is a big sin or a small sin.

“For I had not known coveting ...” This phrase has a straightforward meaning. The Word tells us not to covet; do not try to go parallel with it, just stay away, do not even think of coveting, and then you will not do it.

⁸ However, the sin having taken an occasion, through the commandment, worked out in me all covetousness; for apart from the law sin is dead.

Comments Romans 7:8. “The sin having taken an occasion ...” The sin cannot make the heart wish to do bad, but with the right opportunity, the sin finds the channel with a heart that has doubt in the commandments to create the action that is against the commandment. The doubt in the human heart gives power to sin to sway the mind.

“Worked out in me all covetousness.” The Word of God tells all believers to be aware that when the mind works against the commandments, the action that the believer will take could cause the heart to go further away from the commandments. When you see the action not in the right direction, go back and meditate on the Holy Word; the Lord God Almighty is waiting to help all who come and ask His mercy.

“For apart from the law sin is dead.” When the believer strays far from the commandments, the actions against the commandments make the believer think that what they do is correct. The sin uses the commandments to make the heart believe that the power to fight back will no longer help, and the sin convinces the heart that the commandments themselves give power to them, to the sin, to take the believer away from the commandments.

⁹ And I was alive apart from the law once; however, the commandment having come, the sin revived; then I died;

Comments Romans 7:9. “... the commandment having come, the sin revived.” With a troubled mind, when trouble comes, try to find a place to blame, but the Lord God Almighty has given the commandments for saving life, but at the same time, the troubled mind uses that to make life have problems. Humans forget where the place is to go to seek help: at the foot of the cross, beg for mercy and help, and the Lord God Almighty will give peace to the soul, which will give hope and strengthen the mind.

“Then I died.” Die in this place is not the physical death. The glory of life from the Lord makes the dark that influences the mind die from that mind, and that mind covered with the light will be alive.

¹⁰ and the commandment, which is to life, this proved me to death;

Comments Romans 7:10. “And the commandment, which is to life.” The Lord God Almighty has given the commandment for helping and giving life to the soul that obeys and follows the commandment, which will lead the soul to live for eternity with Him up in heaven.

“This proved me to death.” But this commandment from the Lord God Almighty has also given death to this physical life, for to be worthy to have eternal life, this physical life must be dead from the mind of the believer. The life of this earth is just passing through, not for dwelling in; the true life, which is the eternal life in heaven, is the life that all believers should hope to have. The Lord God Almighty is waiting to have all of us with Him there.

¹¹ for the sin, having taken an occasion by the commandment, deceived me, and through it put me to death.

Comments Romans 7:11. “For the sin, having taken ...” The dark influence uses human nature, seeking opportunity to use the commandment of God, which is difficult for humans to follow, in order to separate the human soul from following the true light.

“Deceived me.” The sin uses the comforts and pleasures of life as bait to hook the mind of the soul to follow. The Lord God Almighty wants every soul to be in heaven, but each soul must meditate and follow the commandments. The true heart will see the light and follow. The blood of the Holy Son covers those who obey and follow the commandment with a true heart and will lead that soul to the right path.

“And through it put me to death.” When the soul uses the easy and comfortable pleasures as a guide to follow, which will lead the soul not to follow the commandment of God, the comforters of this world are the trap for the soul to fall into.

¹² So **indeed** the law is holy, and the commandment holy, and righteous, and good.

Comments Romans 7:11. “So indeed the law is holy.” The Lord God Almighty gave the law for all humans to follow. His law is holy and is needed for all humans to follow to be saved.

“And the commandment holy ...” The commandment of the Lord God Almighty is righteous, but humans would rather obey and believe that human law must be obeyed first. For living on earth, human laws have an impact on life, but for eternal life, the commandment of the Lord will have an impact for eternity; choose the right thing to follow. Humans have intelligence. The Lord God Almighty speaks to every heart: the commandment to live for eternal life is more important than all.

¹³ Did then that which is good become death **to** me? Forbid it! But sin, **in order** that it might be shown to be sin, through **the** good, **is** working death to me, **so** that through the commandment the sin might become exceeding sinful.

Comments Romans 7:13. “Did then that which is good ...” When humans want something and feel that the thing they want is good for themselves, it makes their hearts try to find a way to go against what the Lord God Almighty wants humans to do. When hardship comes, it makes humans believe that what God is telling them to do is not right, and the hardship leads their faith to wither. Death here is the death of the will to follow the commandments.

“But sin, in order that it might be ...” The sin of disobedience leads humans to commit sin against the commandment. But the mind comes back with the thought, if the commandment is good, why does sin need to die when that sin helps humans to follow the commandment?

“So that through the commandment ...” Keep spiritual eyes open, and the mind will notice that committing sin against the Lord God Almighty brings destruction, not physical, but spiritual. The Lord God Almighty gives way out for all humans; follow and obey the commandment, and when obeying, sin will have no room to enter and disturb the mind.

¹⁴ For we know that the law is spiritual; **however**, I am **fleshly**, sold under sin.

Comments Romans 7:14. “For we know that the law is spiritual.” The Lord God Almighty is above all; He has given commandments from heaven for humans to follow. Following the commandment of heaven will lead humans to walk in the path to go to heaven. The commandment is easy to follow but hard for humans to believe. The way to heaven is simple, which makes humans doubt, and the thought comes to the mind of humans: the commandment cannot be good if it is simple, so humans try to find a hard way to go. However, the other ways will lead the spirit to go down, not to go up. The commandment of the Lord serves as specific guidance for the soul to enter eternal life.

“However, I am fleshly ...” Do not use the mind to justify the action. Be human, but this human has been created to worship the Lord God Almighty. The Lord God Almighty made humans to be above all that has been created on the earth.

¹⁵ For **what** I do, I know not; for not what I **want**, that I practice; but what I hate, that I do.

Comments Romans 7:15. “For what I do, I know not.” Human nature teaches one another that self-confidence is needed for life. But the Lord God Almighty teaches all humans to do what is right for one another and their own souls. However, humans would rather do what the world teaches and consider what the Lord teaches to be not for them or for anyone to appreciate.

“For not what I want ...” Because what the world wants, that becomes what I want, even though I know it is not needed. In our minds, we convince ourselves that whatever the Lord wants is for the spiritual, which parallels what is good for what the world wants.

“But what I hate, that I do.” The feeling in the heart that the Lord is speaking makes us feel it is wrong. We would rather do what the world sees as right and be at peace with the world. But whatever the Lord wants that we do only in secret, the world does not need to witness.

¹⁶ But if **that which** I would not, that I do, I consent to the law that it is good.

Comments Romans 7:16. “But if that which I would not ...” The things that our hearts tell us we should not do, those become what I need to do. Just to be able to fit in among others, in the place where the Lord rules (for example, in a church), we follow what the Lord says, but when we are with the world, we do what the world wants us to do. The Lord created the world and all things in it. He gave specific commands to follow, but sin entered because of the disobedience. And the sin confuses the mind and makes the mind follow a convenient way of doing things and an easy way to make life easy to live by disobeying the commandments and doing things as the world does, against the commandments.

“I consent to the law ...” The deep feeling of the heart agrees with what the commandment says, but that commandment does not fit what the world wants, and we choose what the world wants and do in our normal daily living. And the day to do what the Lord commands, that we will do on the day when we are among people who believe the same.

¹⁷ So now it is no **longer** I **am doing** it, but **the sin dwelling** in me.

Comments Romans 7:17. “So now it is no longer ...” The weak human mind gives opportunity for sin to have power and influence over our actions. The human mind presses down the gift of knowledge that has been given, ignores the voice of the Holy Spirit, and follows the guidance of the dark in the mind to do what the commandments of the Lord told us not to do.

“But the sin dwelling in me.” With a normal human mind, we try to find a way to blame someone else when we do something bad. We give reason to ourselves when we do bad, it is not we that are doing it, but the sin that dwells in us has made us do against the commandment.

¹⁸ For I know that in me **dwells nothing** good, that is, in my flesh; for to will is present with me, but to do that which is good is not.

Comments Romans 7:18. “For I know that in me dwells nothing good ...” Everyone has within them the will to do good. But when one goes on in life with the world, the dark influence confuses the mind. And makes them believe that what they have, which they believe is good for the world, is not good enough for the Lord to do, and they develop discouragement in their minds. And that weak point opens a chance for doubt to come in. The Lord God Almighty created humans with His will to glorify Him and also wants them to behave according to the commandments that have been given, which will strengthen the mind and foster faith.

“For to will is present with me ...” The heart wants to do and follow the commandment, but the mind, which has been occupied with dark thoughts from the world, discourages the heart from doing what is right. But do not be discouraged, the Lord God Almighty has given the path to walk; follow the commandments of the Lord, which have been written in the Holy Bible, and the heart will lead the actions to do in the right way. Glorify and ask mercy from the Lord in all things, and the Lord God Almighty will guide and help to have the right mind and action.

¹⁹ For the good **that** I **will**, I do not; but the evil **that** I **do not will**, that I practise.

Comments Romans 7:19. The commandment of the Lord is good, and all humans should follow it. In the human mind, following the commandment is a good thing to do, but the weak mind lets the influence of the dark sway the mind. Laziness enters, and the mind doesn't want to do what is good, even though humans know that the commandment of the Lord is good not only for the spiritual but also for the physical.

²⁰ **Now** if what I **do not will**, that I do, it is no **longer** I that do it, but sin **dwelling** in me.

Comments Romans 7:20. “Now if what I do not will ...” Humans, when they do something that their hearts do not truly want to do, in their soul, the voice of the Holy Spirit whispers to do or not to do. But if the person's heart is faithful to the commandment of the Lord, that heart will seek to know if whatever they

want to do is against the commandments of the Lord or not. Then the voice, the true voice of the Holy Spirit, will be clear to that heart what to follow.

“It is no longer I that do it ...” The person who has a spiritual blessing will feel as if they have two voices in their heart speaking. But the person must meditate and pray, seeking advice from the Lord to be able to make decisions about which side’s voice to follow. When two voices speak at the same time, the dark voice will speak according to what the world wants, but the voice of the Holy Spirit will speak and guide what the Lord God Almighty wants humans to do. True believers must meditate, pray, and read the Word; then their hearts will be led to follow the voice of the Holy Spirit. But the voice of the dark will also influence the mind to doubt in following. That is why reading, meditating, praying, and following the commandments of the Lord will lead that soul to do what is right.

²¹ I find then the law, that **when I desire to do good, with me the evil** is present.

Comments Romans 7:21. When the heart seeks to hear the voice of the Holy Spirit speaking, at the same time, the sin in the person will try to confuse the mind, which voice to follow. That is why the Lord God Almighty reminds the believers to read and meditate on the Holy Word at all times, which will help the soul see and choose the right thing to do.

²² For I delight in the law of **God according to** the inward man;

Comments Romans 7:22. When the mind has been touched by reading, meditating, and following the commandments of the Lord, that mind not only feels but also acknowledges the power and mercy of the Lord. The result impacts not only the physical but the spiritual. The internal person receives the strength and peace to follow the commandments, which will lead the eyes of the outsiders to see the difference between them and me, who follows the commandments of the Lord.

²³ **however, I see another law** in my members, warring against the law of my mind, and **making me captive to** the law of sin, which is in my members.

Comments Romans 7:23. “However, I see another law in my ...” The physical eyes and knowledge can notice the influence of the world’s beliefs. But the Holy Spirit’s voice within my soul says otherwise, which makes my heart and my mind know which voice to follow.

“And making me captive to the law ...” When my actions go against the voice in my soul, it makes me feel captive to the inner guilt that has been speaking. As a true believer, the Holy Spirit’s voice tries to lead. But the ignorant mind has been influenced by the world, and tries to fight. But the true heart of a believer will find the way to follow the voice of the Holy Spirit, which the Lord God Almighty tries to stir the spiritual mind to follow.

²⁴ Wretched man that I am! Who **will** deliver me out of the body of this death?

Comments Romans 7:24. “Wretched man that I am!” All humans pay attention to how the heart of a true believer should be. You are created by the mercy of the Lord God Almighty, so recognize that you are not worthy. Come and worship the Lord God Almighty with a humble heart, beg for mercy and passion that you are not worthy of anything except through the mercy of the beloved Son of God. A humble heart will lead you to the right path to glorify the Lord God Almighty.

“Who will deliver me out of ...” The human body has been created from the dead, the dust of the earth, to life. The dust has no life, but the Lord God Almighty has given life to this dust. Be worthy of His mercy, glorify the Lord God Almighty.

²⁵ **Thanks be to God** through **Jesus Christ our Lord!** So then I myself, with the mind, indeed, serve the law of **God**; but with the flesh the law of sin.

Comments Romans 7:25. “Thanks be to God through Jesus Christ our Lord.” Give thanks to the Lord God Almighty for sending His beloved Son, Jesus Christ, to save our souls. The Lord God Almighty will listen to this dead body only through His beloved Son. The voice of the beloved Son of God will present us to Him for receiving the forgiveness of our sins.

“So then I myself, with the mind ...” Be faithful and abide in the commandments of God that have been written in the Holy Bible. Come and glorify the Lord God Almighty with all your being. Worship not only with your physical body, but also with your spiritual body as well. Keep in mind the commandments of God and practice them with a whole heart to be faithful and to glorify the Lord God Almighty; listen and have mercy

on all the souls. As a believer, open your physical ear and the ear of the heart to the guidance of the Holy Spirit; He will speak straight to the heart whom He wants you to talk to.

“But with the flesh ...” Human flesh, full of sin, born out of sin, but use that sin in the humbleness of heart to glorify the Lord God Almighty. Abide in the love and mercy of the beloved Son of God, and the voice of your soul will be heard through the beloved Son of God.

Life and faith applications. 1) We must follow the commandments of the Lord as long as we live on this earth. 2) We must be reborn under the blood of the Lord Jesus to be released from the law of sin. 3) The Lord God Almighty gave the law for all humans to follow. His law is holy and is needed for all humans to follow so that they may be saved. 4) Come and worship the Lord God Almighty with a humble heart, beg for mercy and passion that we are not worthy of anything except through the mercy of the beloved Son of God. 5) Give thanks to the Lord God Almighty for sending His beloved Son, Jesus Christ, to save our souls. The voice of the beloved Son of God will present us to God the Father to receive the forgiveness of our sins.