Romans 7

1 Or are you ignorant, brothers, for to those knowing the law I speak, that the law lords over the man for as such time as he lives?

2 For the married woman has been bound to her living husband by law, but if the husband dies, she is discharged from the law of the husband.

3 So then, while her husband lives, she will be called an adulteress, if she becomes joined to (come into being, transition) a different husband, but if the husband dies, she is free (unbound, delivered from obligation) from the law, so as not to be an adulteress having been joined to a different husband.

4 Likewise, my brothers, you also have been put to death to the law through the body of Christ, so that you should belong to a different one, to the One having been raised from out of the dead, that we might bring forth fruit to God.

5 For when we were in the flesh, the passions (capacity to feel strong emotion) of the sins, that were through the law, were operative (at work, energized) in our members, to bring forth fruit unto death.

6 However now we have been discharged (rendered inoperative, released) from the law, having died to that in which we were held, so as to serve in newness (freshness) of spirit, and not in oldness (obsoleteness) of the letter.

7 What then will we say? Is the law sin? May it never be! But I did not know sin, except through law, for also I did not perceive to know lusting after (focused on the passion built on strong urges) if the law had not said, You will not lust after (covet, take pleasure in).

8 But sin having taken opportunity (what violently rushes off a starting point) through the end result of the commandment, accomplished in me each and every lusting after, for separate from the law sin is dead.

9 And I was living separate from the law once, but the end result of the commandment having come, the sin revived, and I died.

10 And the end result of the commandment that is for life was found by me to be for death.

11 For sin, having taken an occasioned opportunity through the commandment, wholly deceived me and by it was put to death.

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

13 Then has that which is good become death to me? May it never be! Rather sin, that it might appear sin, working out death to me through that which is good; that through the commandment sin might become exceedingly sinful.

14 For we know that the law is spiritual, but I am however fleshly (of flesh but not in the heavy derogatory sense of carnal), having been sold under the sin.

15 For what I work out, I do not know (ascertain, realize), for what I want (wish) not this I practice (require), but what I hate (detest, denounce, love/esteem less) this I do (cause, make).

16 For if what I do not want this I do (cause, make), I consent to the law that it is appealingly good (beautiful, winsome, attractively good, worthy).

17 But now then I no longer work it out but the sin inhabiting (making a home in) me.

18 For I perceive that in me, that is in my flesh, there inhabits nothing inherently (intrinsically) good: For to wish (intend, design, will the best) is present with me, but to work out (accomplish) the appealingly good is not.

19 For I do not do (cause, make) the inherently good I wish (intend, design, will the best), but that which I do not want this bad (inwardly foul, rotten, of inner malice) I keep on practicing (requiring, exacting).

20 For if what I do not wish (intend, design) this I do (cause, make), it is no longer I who work it out, but sin inhabiting me.

21 So then I find the law, that I wish to do (cause, make) what is appealingly good, the bad is present (lies beside) with me.

22 For I delight in the law of God according to the inner man,

23 However I see another law in my members strategizing against (campaign/war against) the law of my reasoning faculty, and making me captive to the law of sin existing in my members.

24 O wretched (distressed, miserable, afflicted, to undergo severe side-effects of strain until callous) man I am! Who will deliver (draw/pull/snatch up to oneself) me out of this body of death?

25 Grace (favor) be to God through Jesus Christ our Lord! So then I myself indeed with the mind (reasoning faculty) do serve as a slave God’s law, but with the flesh the law of sin.