

## **Trapped**

### **Ready:**

"I do not understand what I do. For what I want to do I do not do, but what I hate I do."

-Romans 7:15

### **Set**

He received the handoff, and moved towards the line. They had him cornered, pinned in the backfield for a big loss. But next thing you know, Barry Sanders wiggled his way through all the defenders for a touchdown. Left standing in his dust, the linemen had to think, "We had him trapped! There's no way he could have gotten out of that jam." More often than not, Sanders did get out of the jams, and that is what made him such a special player. A modern-day football Houdini, Sanders broke through many traps set before him and turned calamity into celebration. All it took for Sanders was a small opening.

Trapped ... Do you ever feel that way? Paul did, and he explained it in Romans 7. Satan loves to set traps for us. These traps lead to sin, which keeps us trapped and ensnared in our mistakes. Sin rules in us as if we were slaves to it. We do what we do not want to do, especially the things we do not like. This sin has us trapped like prisoners. However, there is good news. We can be freed from the sin that traps us! That freedom comes from Jesus Christ. He can save you from the depths of your sin. He wants to save you. He wants to set you free.

Like Sanders, who only needed a small opening to find daylight, God also provides an opening into His glorious light. That light frees us from being trapped in our sin. Do not live your life trapped. Be free from your sin and live for and through Him.

### **Go**

1. Are you trapped in sin?
2. Do you feel like a prisoner of your past sins?
3. Today, how can you start to live in freedom from that sin?

### **Workout**

Romans 7:14-25

Romans 8:1-17

Galatians 5:1, 16-25



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