

Lent Day 17

Monday March 20, 2017

Reading: [Romans 7:7-24](#)

Reflection

Have you ever heard the phrase, “hit rock bottom”? It describes someone who has lost it all — they have nothing left. In some cases we recognize that the best thing for a person is for them to hit rock bottom, because then they will only have one option left, to get help. That’s the gist of what Paul is saying in this passage.

For a person apart from faith in Jesus and the empowerment of the Holy Spirit who is simply determined to live a good life — if they are serious in that desire they are going to hit rock bottom. They are the ‘I’ described in the passage and what they will find is that their code is telling them something and then they will find that they will violate their code. Once there, they will join Paul’s ‘I’ in crying out in despair and desperation, “Who will rescue me from this body that is subject to death?”

This is actually good news if this is you because once you stop looking at the law or a code to be your resource — hit rock bottom — you can begin to look for what remains for salvation, which is grace. God’s grace. The purpose for the law and your code is to show you sin is sin and to make it as sinful as it can be. That sin at it’s height or strength is what God has dealt with in Christ. Notice it says ‘who’ will save me, not ‘what’. Jesus is the answer Paul gives to his own question, if we only have the courage to read on.

Rock bottom isn’t the worst thing to happen to us. In fact, it may be the best. After all, not for nothing has Jesus been known to Christians as our Rock, our Redeemer and our Saviour.

Prayer

Rock, Redeemer, and Saviour thank you for saving us from our body of death. Help us to hit rock bottom and look to your grace rather than our own weakness. Amen.