Believers sometimes find themselves doing things they don't want to do, and not doing things they do want to do. The apostle Paul confessed that was his experience as well. (Romans 7:7-25) So how can that happen to a born-again Christian?

Paul explains in Romans 7-8 that the sinful fleshly nature is still present in us. When we set our minds on things of the flesh, we find ourselves doing those things that are contrary to life in Christ. But if we set our minds on living according to the Holy Spirit, we find ourselves living a life pleasing to God. We cannot have our minds set on both flesh and Holy Spirit at the same time. It is therefore up to us to choose to live according to the Holy Spirit, and not the flesh.

Pray each day for the filling of the Holy Spirit, to overflowing. (Ephesians 5:18) Set your mind on following His leading, so that you may manifest the fruit of His presence. (Galatians 5:22-23)

Romans 8:5 "For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Holy Spirit, the things of the Holy Spirit."