

Romans 7:24

Authorized King James Version (KJV)

O wretched man that I am! who shall deliver me from the body of this death?

Analysis

O wretched man that I am!—Talaipōros egō anthrōpos (ταλαίπωρος ἐγὼ ἄνθρωπος, "wretched I [am], the man") expresses profound anguish over the warfare described in vv. 15-23. This isn't self-loathing (which denies gospel-identity) but righteous frustration over remaining corruption's persistence. Paul hates sin's presence, not his person—the anguish of wanting holiness while experiencing ongoing battle.

Who shall deliver me from the body of this death?—Tis me rhysetai ek tou sōmatos tou thanatou toutou (τίς με ῥύσεται ἐκ τοῦ σώματος τοῦ θανάτου τούτου, "who will rescue me from this body of death?") The question anticipates v. 25's answer. Rhyomai (ῥύομαι, "deliver/rescue") implies external help—self-effort fails. "Body of death" likely refers to the mortal body still subject to sin's corrupting influence, not the body itself as evil. Complete deliverance awaits resurrection (Romans 8:23, Philippians 3:21).

Historical Context

Some interpreters see Paul alluding to ancient punishment where a corpse was strapped to a living person until death. Whether historical allusion or vivid metaphor, the point is clear: Paul longs for deliverance from sin's clinging corruption. This groaning characterizes all believers awaiting glorification (Romans 8:23). Verse 25 shifts from complaint to confident hope.

Related Passages

Hebrews 11:1 — Definition of faith

Romans 1:17 — The righteous shall live by faith

Revelation 20:12 — Judgment according to deeds

Romans 2:1 — Judging others

Study Questions

1. How does distinguishing between Paul's hatred of sin versus hatred of self help you maintain gospel-identity during spiritual struggle?
2. What does it mean that your ultimate deliverance from indwelling sin awaits resurrection rather than achieving perfect sanctification now?
3. How might groaning over remaining sin (v. 24) coexist with rejoicing in justification (Romans 5:1) and confidence of glorification (8:30)?

Interlinear Text

ταλαίπωρος	ἐγὼ	ἄνθρωπος·	τίς	με	ρύσεται	ἐκ	τοῦ
O wretched	that I am	man	! who	me	shall deliver	from	G3588
G5005	G1473	G444	G5101	G3165	G4506	G1537	
σώματος	τοῦ	θανάτου	τούτου				
the body	G3588	death	of this				
G4983		G2288	G5127				

Additional Cross-References

Romans 6:6 (Parallel theme): Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

2 Timothy 4:18 (Parallel theme): And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.

Titus 2:14 (Parallel theme): Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.

Psalms 102:20 (Parallel theme): To hear the groaning of the prisoner; to loose those that are appointed to death;

Romans 8:2 (Parallel theme): For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Revelation 21:4 (Parallel theme): And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Hebrews 2:15 (Parallel theme): And deliver them who through fear of death were all their lifetime subject to bondage.

Psalms 72:12 (Parallel theme): For he shall deliver the needy when he crieth; the poor also, and him that hath no helper.

Romans 8:26 (Parallel theme): Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

Matthew 5:6 (Parallel theme): Blessed are they which do hunger and thirst after righteousness: for they shall be filled.