

KEY VERSES

Romans 7:15, 18-20

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

For I know that good
itself does not dwell in
me, that is, in my sinful
nature. For I have the
desire to do what is
good, but I cannot carry
it out. 19 For I do not do
the good I want to do,
but the evil I do not
want to do—this I keep
on doing. 20 Now if I do
what I do not want to
do, it is no longer I who
do it, but it is sin living in
me that does it.



SERMON DISCUSSION GUIDE

Week 2

BIG QUESTION

**What do you "do-do" that you
wish you did not do?
In other words, what is one
thing you've tried to stop doing
but you keep on doing?**

READ

In Romans 7:15,
18-20 the word
"do" or "does" it
mentioned
18 times!

Paul is almost
obsessive in his
attention to his
"doings".

REFLECT

Would you say
you are like
Paul or are you
less likely to
put a lot of
thought or
energy into
understanding
the things you
do and why
you do them?

STUDY TIME

Romans 7:21-24

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

What a wretched man I am! Who will rescue me from this body that is subject to death?



GOING DEEPER

Paul seems to think there are two laws at work within us at all times: the law of our minds and the law of sin.

CONSIDER THIS

According to scripture, it seems that what we believe and how we behave are connected. If our mind isn't set on the right thing, our body won't be either.

Q: When you are "on your way" to sin, what are you thinking about?

Q: When you are on your way to choosing something better, what's going through your mind?

...we should no longer
be slaves to sin—
because anyone who
has died has been set
free from sin.
Rom. 6:6-7



GOING DEEPER Week 1

CHALLENGE + PRAYER

As Christians, we have power over sin. The problem is that some of us would rather have 'cheap grace', which means we attempt to follow Jesus with a large helping of sin on the side.

This never works, and leaves us feeling powerless in our faith and can eventually convince us that God hasn't actually delivered on his promise of setting us free. So how do we claim the freedom we've been given?

- **Practice confession regularly with a trusted friend.** Sin loses its power over us when we bring it into the light. (Eph. 5:13)
- **Practice humility in your prayer time.** Don't downplay your own sin because you know of someone who is worse than you (Matt. 7:5)
- **Practice saying, "I am not a slave to sin."** On your way to "sin" or make a decision you know isn't one God would make, remind yourself of this truth out loud. (Rom. 6:1-7)