



# BEULAH FIRST BAPTIST

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April 1, 2026

**Focus:** Rooted – A Study Through Romans

**Week 9:** “The Struggle is Real”

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## **Introduction: Rooted Theology Connection**

- **Romans 6** establishes a powerful truth: **Believers are dead to sin and alive in Christ**. Paul made clear that sin is no longer our master, and grace empowers a new way of living.
- **Romans 7** addresses the tension then every believer feels: **If we’ve been set free...why do we still struggle?**
- **Romans 7** does not contradict Romans 6. Romans 7 explains the experience of living out **Romans 6**.

## **Key Scriptures**

Romans 7:1–6 – Released from the Law

Romans 7:7-13 – The Purpose of the Law

Romans 7:14-23 – The Struggle Within

Romans 7:24-25 – The Cry and Answer

**1. A New Relationship with the Law – (Romans 7:1-6)** - Paul use the illustration of marriage to demonstrate that death changes legal relationships. Just as a spouse is released from the law of marriage when death occurs, Paul teaches that believers have experienced a similar shift through Christ.

“You also died to the law through the body of Christ...” (**Romans 7:4**)

Through the death of Christ, believers are no longer bound to the Law as a system of righteousness. The Law once defined the relationship, but it no longer governs the believer’s standing before God. Instead, we now belong to Christ. This new relationship is not built on external rules or performance, but on an internal transformation empowered by the Spirit. As a result, we no longer serve in the old way of written code, but in the new way of the Spirit.

## **Truths To See:**

- 1) Believers are released from the Law’s authority
- 2) Relationship replaces rule-keeping and we are to bear fruit (**Colossians 1:9-14, Gal 5:22-23**)
- 3) The Spirit now empowers obedience

## **Biblical Cross References**

Galatians 2:19-20

2 Corinthians 3:6

Hebrews 8:10

**2. The Purpose of the Law – (Romans 7:7-13)** – Paul asks, “*Is the law sinful? Certainly not*” (**7:1**) Paul anticipates a misunderstanding. His response is clear: The problem is not the Law itself, but the sinful nature within us.

- The Law reveals sin in its true colors (**7:7-8**): Paul shows this with coveting. Like a mirror, the law exposes our failure (**Jas 1:22-25**)

- The Law reveals the human proclivity to sin (7:8). Sin twists the good function of the law. We cannot blame the law for proclaiming God's will
- The Law exposes our need for spiritual life (7:9-11). The commandment made sin visible, but it did not provide the power to overcome it.
- The Law shows the nature of the Lawgiver (7:12-13). This reveals a critical truth: knowledge of what is right does not equal the power to do what is right. The Law is **holy, righteous, and good**, but it cannot rescue us. It can only reveal our need for rescue.

\* The Greek word for sin, *hamartia*, means “to miss the mark.” The Law shows us the mark, but it cannot help us reach it. Sin often uses the Law to stir up rebellion within us, producing the very behavior the Law forbids.

### Truths to See

- 1) The Law reveals sin but cannot remove it
- 2) Sin is the problem, not the Law
- 3) Knowledge does not equal transformation

### Biblical Cross References

Psalm 19:7                      1 Timothy 1:8                      James 1:23-24

**3. The Struggle Within – (Romans 7:14-23)** – ““What I want to do I do not do, but what I hate I do.” (Romans 7:15). Paul becomes deeply personal and describes an internal conflict that is familiar to every believer: **the tension between what we desire to do and what we actually do.**

- This is not a picture of someone without Christ, but of someone who has been changed by Christ and now feels the weight of that change.
- The believer now desires righteousness, loves God, and longs to obey, but still wrestles with the presence of the flesh.
- Salvation changes your direction, but it does not eliminate your struggle overnight.

### Truths to See

- 1) The struggle is internal and ongoing
- 2) The believer lives between flesh and spirit (which one are you feeding)
- 3) Awareness of the battle is evidence of spiritual life

**4. The Cry and the Answer – (Romans 7:24-25):** Paul reaches a moment of deep frustration and honesty: “*What a wretched man I am! Who will rescue me from this body of death?*”

- Paul does not ask, “What can I do?” but “Who will rescue me?”
- The solution to the struggle is not found in greater effort, stricter discipline, or better rule-keeping.
- The answer is found in a Person: “*Thanks be to God, who delivers me through Jesus Christ our Lord!*” (**Romans 7:25**)

Deliverance is not achieved through self-effort. It is received through dependence on Jesus Christ.

### Truths to See

- 1) Self -effort cannot produce victory
- 2) Jesus is the source of deliverance
- 3) Dependence should always replace performance