

Small Group Discussion Guide

VOL 2: Part 14: The Struggle Is Real: Who Will Deliver Us?

Message Reflection

BIG Idea: The real you—the one reborn in Christ—is no longer a slave to sin, but must still fight the old nature through the power of Jesus.

Application: Stop trying to fix yourself in your own strength—victory over sin comes only by surrendering to the Spirit and relying on Jesus.

Icebreaker:

What's something you've tried (and failed) to fix or control on your own—maybe even multiple times?

Discussion Questions:

1. Paul says he does what he hates. Can you relate? Why do you think this battle feels so universal?
2. Read Romans 7:14-25 together. How does this passage encourage you or challenge you?
3. What does Paul mean when he says, "It is no longer I who do it, but sin living in me"?
4. How do we reconcile personal responsibility with the reality of the sinful nature?
5. In what ways can identifying the "old self" versus the "new self" help you walk in freedom?
6. What stood out to you from Paul's progression of self-awareness (1 Cor. 15:9 → 1 Tim. 1:15)?
7. Read Galatians 2:20 and 5:16-17. How do these verses support what Paul says in Romans 7?
8. How are you currently "feeding the old dog" vs. "feeding the Spirit"? What might need to change?
9. What does it practically look like to surrender to Jesus when you're struggling?
10. Where in your life right now do you need to declare, "Thank God! The answer is in Jesus Christ our Lord"?

Prayer Prompt:

Invite God to help you recognize the old nature at work within you and to deepen your dependence on the Spirit for strength and victory. Pray for each other to experience real freedom and encouragement in the struggle.

Join us as we read the Bible together in 2025. <https://bit.ly/ReadwithMe25>