

Romans 7:13-25
For the week of February 19, 2023

Reflection

1. What were some of the takeaways, for you, from Sunday's sermon?

2. Were there questions, comments, concerns...?

Romans 7 does not describe the totality of Paul's spiritual experience. In fact, it is preparatory to what follows. It sets the stage for the triumph of chap. 8. It probably is true that in the lives of most earnest Christians the two conditions Paul described exist in a sort of cyclical advance. Recognition of our inability to live up to our deepest spiritual longings (chap. 7) leads us to cast ourselves upon God's Spirit for power and victory (chap. 8). Failure to continue in reliance upon the power of the Spirit places us once again in a position inviting defeat. Sanctification is a gradual process that repeatedly takes the believer through this recurring sequence of failure through dependency upon self to triumph through the indwelling Spirit.¹

Observation (vs. 13-14)

3. Summarize these verses.

Interpretation

4. How do you interpret that the law was given "in order that sin might be shown to be sin²"?

5. How do you interpret "I am of the flesh, sold under sin³"?

¹ Robert H. Mounce, [*Romans*](#), vol. 27, The New American Commentary (Nashville: Broadman & Holman Publishers, 1995), 167–168.

² [*The Holy Bible: English Standard Version*](#) (Wheaton, IL: Crossway Bibles, 2016), Ro 7:13.

³ [*The Holy Bible: English Standard Version*](#) (Wheaton, IL: Crossway Bibles, 2016), Ro 7:14.

Application

6. How do these verses bring awareness in your own spiritual walk?

Observation (vs. 15-20)

7. Attempt to write these verses in your own words.

Interpretation

Sin is a form of insanity. In an adapted version of the 12 Steps of Recovery, the first 3 steps say: "We admitted that we were powerless over our problems – that our lives had become unmanageable. We came to believe that a Power greater than ourselves could restore us to **sanity**. We made a decision to turn our wills and our lives over to the care of God."

8. How do these verses speak to the insanity of sin?

9. If we are free from the bondage of sin (Romans 6), why are we not free from the presence of sin?

Application

10. How do you deal with the struggle of sin in your life?

Observation (vs. 21-25)

11. What is Paul saying in these verses?

Interpretation

12. Our mind's focus has great influence on us. Verse 22 says... "waging war against the law of my mind"⁴. Look at what Scripture says about our mind and thinking.

Proverbs 3:5-6

Isaiah 26:3

Romans 12:2

Ephesians 4:22-24

Philippians 4:8

Colossians 3:2

Application

13. In the midst of the tension between sin and righteousness, Paul pens a praise... "Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord!"⁵

Take a moment to write your own praise to the God who is with you, is living in you, and does not leave you or forsake you.

⁴ [*The Holy Bible: English Standard Version*](#) (Wheaton, IL: Crossway Bibles, 2016), Ro 7:23.

⁵ [*The Holy Bible: English Standard Version*](#) (Wheaton, IL: Crossway Bibles, 2016), Ro 7:24–25.