

## “Rules? Really?”

For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin. For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate. But if I do the very thing I do not want to do, I agree with the Law, confessing that the Law is good. So now, no longer am I the one doing it, but sin which dwells in me. For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not. Romans 7:14-18

### Romans chapters 1-5

**The truth is:** You are \_\_\_\_\_ without \_\_\_\_\_,  
but you can \_\_\_\_\_ to have Jesus  
\_\_\_\_\_ you.

(Rom. 7:1,2; 3:23; Jn. 14:6; Rom. 3:24,28)

*Justification: To be \_\_\_\_\_ righteous.*

### Romans chapters 6-8

*Sanctification: \_\_\_\_\_ righteously.*

**The truth is:** Rules \_\_\_\_\_ and help \_\_\_\_\_ your  
sin, but they don't \_\_\_\_\_ your sin.

(Rom. 7:7,8; 6:15; 7:4,6; Heb. 10:16,17;  
Rom. 7:18-21)

**The truth is:** Your \_\_\_\_\_ with sin is \_\_\_\_\_,  
but your deliverance through Jesus is  
\_\_\_\_\_. (Rom. 7:24, 25)

## Discussion Questions

### “Rules? Really?”

1. Carefully review the sermon notes and share the most impactful points to you personally.
2. What rules do you have the most problem following? Why? Do you wish others would follow them? Why or why not?
3. Imagine for a few minutes what it would have been like as a devout Jew in the 1st Century to have read the Apostle Paul's words about The Jewish Law in Romans 7. Do you think you would be relieved or upset by his words? Why?
4. Read Hebrews 10: 16,17. Elaborate on how this promise (given to the Jews also in Jeremiah 33:31) changes “everything”, and how it should affect daily life.
5. Living the Christian life is a daily struggle. What resources has God provided to help us live as He both desires and commands us to live? (For help, check out: Gal. 5:16-18; Eph. 5:15-18; Jn. 15:7; 2 Pet. 1: 2-10; Gal. 6:1,2).
6. What role should accountability partners play in helping a Christian overcome struggles with sin?