



Discussion Guide

July 20, 2025

Romans 7:7–25

⁷ What shall we say, then? Is the law sinful? Certainly not! Nevertheless, I would not have known what sin was had it not been for the law. For I would not have known what coveting really was if the law had not said, “You shall not covet.” ⁸ But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting. For apart from the law, sin was dead. ⁹ Once I was alive apart from the law; but when the commandment came, sin sprang to life and I died. ¹⁰ I found that the very commandment that was intended to bring life actually brought death. ¹¹ For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death. ¹² So then, the law is holy, and the commandment is holy, righteous and good.

¹³ Did that which is good, then, become death to me? By no means! Nevertheless, in order that sin might be recognized as sin, it used what is good to bring about my death, so that through the commandment sin might become utterly sinful. ¹⁴ We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. ¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ 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.

²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God’s law; ²³ 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. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in my sinful nature a slave to the law of sin.

Read verses 7–12

1. What does Paul say about the relationship between the law and sin in verses 7–12?
2. How does the law help us recognize sin, and why is that important?
3. Why does Paul conclude that the law is 'holy, righteous and good' despite its connection to death?

Read verses 13–20

4. Why is Paul so conflicted about his actions and intentions in verses 14–20?
5. How do you relate to Paul's struggle between doing good and falling into sin?
6. What does it mean that sin lives in us, and how should that affect our view of ourselves and others?

Read verses 21–25

7. What 'law' does Paul find at work within him in verses 21–23?
8. Why does Paul call himself a 'wretched man'? What is the significance of that confession?
9. How does verse 25 point to the hope we have in the midst of our struggle with sin?