



REDEMPTION
CITY CHURCH

No Longer Captives

Romans, Week 10: Romans 7

8/25/24

Sticky Statement:

Look at the Lord's love, not just the letter of the "Law."

How can we best enjoy the good things in our lives, without the exhaustion we so often get stuck in?

1. Problem: We tend to choose _____ over Grace. (v.4-6)

"But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit." Romans 7:6

The "Law": self-reliance driven by fear of condemnation and consequence.

The "Law" cycle: Pain ➔ Fear ➔ "Law"

Fear is often under emotions like anger, anxiousness, and apathy.

We see this false "Law" cycle play out in so many different ways:

- "In order to not feel the pain of comparison, I will commit to one or more of the following: hard work, sloth, arrogance, materialism, etc."
- "In order to not feel the pain of rejection, I will commit to one or more of the following: being needy, controlling, fake, isolated, helpful, caring, beautiful, confident, etc."

This story never delivers what we hope for. It's *fruitless*.
It's *exhausting*.

2. Solution: We are not enough to fulfill the _____ on our own. (v.14-23)

These same words can be said by the Enemy with shame to attack you, or by the Lord with love to set you free from a burden he never asked you to bear.

No matter how spiritually mature or how new to Jesus you are, there's room for your imperfection here and with God (because of what Jesus has done!). This disarms the Enemy and flips the script on our inadequacy. This drives us toward Jesus with love-filled hope rather than away from Jesus and others in shame.

"Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin." Romans 7:24-25

Do the Word

Look at the Lord's love, not just the letter of the Law.

- Learn to relax with God—he's not waiting for a "better version of you" to love you
- Read your Old Testament—correctly!
- Look for "Law" in your normal life (where might *exhaustion* point to pain, fear, Law?)
- Release others from your "Law" (love freely, with risk!)
- Confess your sins to people who love you