

Small Groups Study Guide: Read the entire Passage first

- Looking back at your notes from this week’s teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

Other passages to look at: Galatians 5:16–17, Luke 15:17–20, Romans 3:20–24, Luke 22:31–34

READ THE PASSAGE

What does this passage tell us about God? Who He is and what He does.

²¹ So I find it to be a law that when I want to do right, evil lies close at hand. ²² For I delight in the law of God, in my inner being, ²³ but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.

Lingering sin does battle with every good thing a believer desires to do. (vs 21-23)

²⁴ Wretched man that I am! Who will deliver me from this body of death?

Before we will ever be honest with God, we need to be honest with ourselves. (vs 24)

Our cry is not for more determination, but for the Deliverer. (vs 24)

²⁵ Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

When we recognize how wretched we are, we must remind ourselves of Jesus and rehearse the Gospel (vs 24-25)

Grace is not just the way of salvation, but how we live every day after salvation (vs 25)

Put into Practice:

- ☐ Receive Grace.
- ☐ Remind yourself of Grace.
- ☐ Relinquish Grace to others.

Small Group Discussion Questions

1. According to Romans 7:21–23, why should Christians not be surprised when they experience an inward battle with sin?

2. In Romans 7:24, what does Paul’s cry, “Wretched man that I am!” teach us about honesty, confession, and repentance?

3. In Romans 7:24, why does Paul ask, “Who will deliver me?” rather than, “What must I do to deliver myself?”

4. What can we learn from Paul’s immediate movement from “Wretched man that I am” to “Thanks be to God through Jesus Christ our Lord”?

5. What does the story of Peter’s denial teach us about receiving, remembering, and relinquishing grace?

PURPOSE OF SMALL GROUPS

Small groups exist to promote spiritual maturity and personal growth together in deep Christian relationships through the application of God’s Word. The goal is to care about each other enough to ask the BIG questions of life, such as, what is God doing in your life? What is He asking you to do about it? Then walk with each other through

sharing, caring, praying, serving, and mobilizing each other.

SHARING – We come together each week to share a meal, God’s Word, and how His story impacts our daily walk.

CARING – We gather together each week to ask great questions, listen to understand each other, and what God is doing in and through our lives.

PRAYING – We meet together to pray with each other. Not just to speak to God, but to hear from Him each week in community, and daily individually.

SERVING - We work together, using our unique gifts, to serve one another by God's grace and build the body in love each week.

MOBILIZING – We are praying for our neighbors by name and pray through “Good Events” once a quarter.

Leaders Guide (WITH SUGGESTED AND HELPFUL ANSWERS)

Main Purpose

Help your group see that the gospel is not merely behavior improvement but identity transformation. In Adam, sin and death reign. In Christ, grace reigns. Because of this, we rejoice — not just in what God does, but in who He is.

Pathway

When people move off track of the purpose, point to Scripture and remind people of the purpose.

Understanding the Questions

1. According to Romans 7:21–23, why should Christians not be surprised when they experience an inward battle with sin?

Biblical answer:

When we trust Christ, God gives us new desires and a genuine delight in His ways. However, the presence and influence of sin are not immediately removed. The Holy Spirit now opposes the desires of our fallen nature, creating an inward conflict. This struggle does not necessarily mean our faith is false; it can reveal that God has transformed us and given us a desire for holiness.

Supporting Scriptures: Galatians 5:16–17; Ezekiel 36:26–27; 1 Peter 2:11; Philippians 2:13

2. In Romans 7:24, what does Paul’s cry, “Wretched man that I am!” teach us about honesty, confession, and repentance?

Biblical answer:

Repentance begins when we stop excusing, minimizing, or bargaining with our sin. Like the prodigal son, we must honestly recognize where our desires and decisions have taken us. God does not ask us to repair ourselves before approaching Him; He calls us to confess our sin and return to Him. God is Faithful and promises forgiveness and cleansing to those who come to Him honestly.

Supporting Scriptures: Luke 15:17–20; Psalm 32:3–5; Proverbs 28:13; 1 John 1:8–9

3. In Romans 7:24, why does Paul ask, “Who will deliver me?” rather than, “What must I do to deliver myself?”

Biblical answer:

Paul recognizes that rules, determination, and human effort cannot rescue him from the indwelling presence of sin. God’s law can reveal what is right, but it cannot change the heart or provide the power necessary to obey. Our hope is not found in a new technique but in the Person of Jesus. He alone has defeated sin and death and is able to deliver us.

Supporting Scriptures: Romans 3:20–24; Romans 8:1–4; John 8:34–36; Hebrews 7:25

4. What can we learn from Paul’s immediate movement from “Wretched man that I am” to “Thanks be to God through Jesus Christ our Lord”?

Biblical answer:

When believers become aware of their sin, they should move quickly toward Christ rather than remaining trapped in shame. Healthy conviction leads us to confession, gratitude, and renewed

faith in the gospel. We do not deny the seriousness of our failure, but neither do we forget the sufficiency of Christ's death, resurrection, and continuing intercession.

Supporting Scriptures: Romans 8:1; Micah 7:8–9; Hebrews 4:14–16; 1 John 2:1–2

Discussion: What practical habits can help us “rehearse the gospel” after we have failed?

5. What does the story of Peter's denial teach us about receiving, remembering, and relinquishing grace?

Biblical answer:

Like the prodigal son, believers sometimes wander because they believe freedom can be found away from the King. Like Peter, we may sincerely love Jesus yet discover that our strength and intentions are insufficient. Jesus responds by pursuing, forgiving, and restoring His people. Because we have received undeserved grace. We should remind ourselves of that grace daily and extend it to those who fail us.

Supporting Scriptures: Luke 22:31–34, 54–62; John 21:15–19; Ephesians 2:8–10; Colossians 3:12–13; Titus 2:11–14