



The Struggle

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Questions (and Answers) from Romans 7:

1. Are we bound to the **OLD TESTAMENT LAW**?

Romans 7:1-6

- No. Death in Christ releases us from the Old Testament Law

2. Is the Old Testament Law **SIN**?

Romans 7:7-12

- No. The Law **SHOWS US** what sin is...
 - And finds us **GUILTY**

3. Did the Old Testament Law bring **SPIRITUAL DEATH** to me?

Romans 7:13-14

- No. We did that to ourselves!

4. Then **WHY** do I still struggle with **SIN**?

Romans 7:15-23

- Struggle = constant **OPPOSITION** (not necessarily failing)
- **SPIRIT** vs **FLESH**
- No Christian is **EXEMPT**

5. Who can save us from this **STRUGGLE (BODY OF DEATH)**?

Romans 7:24-25

- Only **JESUS CHRIST** our Lord



Online Notes

KEEP READING →

WHY does it matter/WHAT does it mean for me?

1. Being **LEGALISTIC** to the Old Testament Law doesn't help us in our relationship with Christ
 - **TRUTH:** We should have a *higher* motivation to follow God's ways because of what Christ has done for us.
 - **HARD TRUTH:** If you're looking for the minimum requirements that you need to do as a Christian, do you actually love Christ enough to obey Him?
2. As Christ-followers, we should expect to **STRUGGLE** (be in constant opposition) with sin.
 - **TRUTH:** The struggle will be lifelong.
 - **HARD TRUTH:** If I'm NOT struggling with sin, I'm probably still swimming with the world.
3. We can't be made right or save ourselves through **WORKS** or **EFFORT**. It's ONLY through Jesus Christ as our Lord and Savior.
 - **TRUTH:** Our own righteous acts are like filthy rags compared to God's glory and standard.
 - **HARD TRUTH:** When you sin, are you broken because you have offended a holy and righteous God; or are you disappointed because you thought you were better than that?

Memory Verse:

*For I know that nothing good dwells in me, that is, in my flesh.
For I have the desire to do what is right, but not the ability to carry it out.*

Romans 7:18 ESV

Reflection Questions:

- What stood out to you from Romans 7? Anything new, surprising, or convicting?
- Paul struggled between knowing what's right but not doing what's right; can you relate to this struggle? How does that play out in your life?
- Does the fact that the Apostle Paul struggled, just like we struggle, give you courage or worry you? Why?
- What does it look like to "walk upstream" (constant struggle) in the Christian life?
- What's the difference between obeying a list of checkboxes, vs obeying out of love and obedience to Christ? How can you know which one is motivating your actions?
- From "Why does it matter", Truth #1: "We should have a higher motivation to follow God's ways because of what Christ has done for us." What is your initial reaction to that statement? How should this truth play out in daily decision-making?
- As we struggle to do right and to not do wrong, what are some things that can help us win the battles when they come?
- Are there any changes that you need to make this week as a result of reading Romans 7?

My next step today is to...

- Memorize Romans 7:18
- Repent and accept Jesus as my Savior and submit to His Lordship for the first time!
- Go public as a follower of Jesus and get baptized
- Read Romans chapter 7 this week
- Watch or listen to **The 3C Podcast** to go deeper this week
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