

**“Confessions of a Godly Sinner”**  
(Romans 7:14-25)

Why is it often a struggle to live a consistent Christian life? Thanks to Paul’s honest confession of his struggle, we can find encouragement and hope to stay the course. Our text today will show us Paul’s...

I. **Statement** of the Problem (14)

*For we know that the law is spiritual: but I am carnal, sold under sin.*

II. **Symptoms** of the Problem (15-16)

*For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.*

III. **Source** of the Problem (17-20)

*Now then it is no more I that do it, but sin that dwelleth in me.*

IV. **Severity** of the Problem (21-24)

*But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin... O wretched man that I am! who shall deliver me from the body of this death?*

V. **Solution** to the Problem (25)

*I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.*

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**Small Group Discussion Guide**

**Icebreaker:** Romans 7:24-25 points out that Jesus delivers/rescues us. Share an incident in which someone rescued you from a potentially dangerous situation (either in your childhood or adulthood).

1. Share something from Sunday’s study that spoke to you personally – a challenge? an encouragement? a good reminder?
2. Read Romans 7:14-16. Explain how Paul draws a contrast between God’s Law and himself. In what sense are we (Christians) still “*carnal, sold under sin*”?
3. Read Romans 7:17-20. Paul blames indwelling sin for his actions (v.17,20). Is he skirting his personal responsibility for his sin? Explain your answer.
4. Read Romans 7:21-24. How do these verses describe our spiritual battle? Why is v.24 the cry of a spiritually mature person? (Compare Isaiah 6:5)
5. What does it mean to you to have Jesus Christ as your Deliverer in the battle? (See Romans 7:25) Does Romans 7 discourage you or give you hope? Explain.

**Digging Deeper**

1. Paul states that “*the Law is spiritual.*” Remind yourself of Moses’ appeal to the HEART and to LOVE by circling each time these two terms appear in Deut 4:37; 6:4-6; 10:12-13; 11:1; 30:6, 16, and 20.
2. How does Galatians 5:16-18 depict the same battle that Paul discusses in Romans 7?
3. Paul asks, “*Who shall deliver us...?*” Write brief statements of how Christ is seen as the Deliverer in Rom 11:26; 2 Cor 1:10; Col 1:13; 1 Thes 1:10; 2 Pet 2:9.
4. Read Romans 7 a couple times and give it a concise chapter title. If you had to pick out one key verse in this chapter, what verse would you select?