



Overcoming Sin in my Life

Sunday, May 23/21

Psalm 19:7 – 14; Romans 7:7 - 25

For I delight in the law of God, in my inner being, 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. Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! – Romans 7:22 – 25

In the first four chapters of Romans the Apostle is proving that no one can be justified by the deeds of the law. He is now equally concerned to show that no one can be sanctified by the law or by being under the law. That is the theme of the entire chapter. – D. Martyn Lloyd Jones

Your Christian life is to be a continuous proof that God works impossibilities... The cause of the weakness of your Christian life is that you want to work it out partly, and to let God help you. And that cannot be. You must come to be utterly helpless to let God work. – Andrew Murray

I. The New Way of the Spirit (Rom. 7:6 and 8:1 – 2)

- Released from the law (7:6) ... No condemnation in Christ... (8:1) (Book Ends)
- Law of the Spirit of life... sets free from the law of sin (8:1 – 2) (Spirit – 8:1 – 16 / 16x)

II. The Old Way of the Law (Rom. 7:7 – 25)

- First-person singular ('I, me, my' – 46x); 'Holy Spirit' or 'Christ' not found once (7:7 – 25)
- Words 'law' or 'commandment' occur 29x (7:1 – 25)

III. The Experience of Deliverance (Rom. 7:14 – 25)

- The law of God vs. the law of sin (vs. 21 - 23)
- Serving the law of God through Christ (vs. 24 - 25)



Open It

1. As a child, how did you respond to the commands given to you by your parents?
2. How do you tend to respond to authority today? Do you bend rules or keep them faithfully?
3. What sort of bad habits are hardest to break? Do you have someone you talk about them with?

Explore It

4. What is the purpose of the Law? (7:7-8)
5. What effect does it have on a person to know the Law? (7:7-8)
6. When a person has no knowledge of the Law, what becomes of sin? (7:9)
7. How does the Law put a person to death? (7:11, 13)
8. What are the characteristics of the Law and the commandment? (7:12)
9. What did Paul share about his own attempts to follow the Law? (7:14-16)
10. What did Paul blame for his continuing failure to do good? (7:17-20)
11. How did Paul describe his own struggle to do what was right? (7:21-24)

Get It

12. What are some of the various ways people respond to God's law?
13. How can reading and understanding God's law be discouraging to a person?
14. How have you experienced a struggle with sin that is like what Paul describes?
15. What ways do you 'manage' your sin rather than surrender it up to God?
16. What hope do we have of deliverance from sin here on earth? How do we overcome?
17. What should we do when we become discouraged and confused in our Christian lives?
18. How should Christ's victory over sin affect your prayers, thoughts, and attitudes?

Apply It

19. How can you live in the power of the Holy Spirit each day and depend on Him to overcome sin, rather than wrestle with it in your own strength alone?
20. Do you have a Christian friend that you have shared your struggle against sin with, and do you pray for one another regularly?