

04/12

HOME GROUP GUIDE

HOW TO USE THIS GUIDE:

LISTEN

Listen to the sermon and read through the main passage(s)



REFLECT

Prayerfully answer the questions below



DISCUSS

Meet with your group to discuss



RESPOND

Apply the truth of God's word to your life

BACKGROUND:

In Romans 7:14-8:4, Paul shares a profoundly personal struggle that likely sounds familiar. We know what is right, yet we do the opposite. Paul expresses his desire to follow God's will, even saying he delights in God's law. However, the power of sin remains strong. It can feel like two competing currents: one drawing us toward obedience, the other pushing toward disobedience.

Many believers face this struggle quietly, often feeling the weight of their shame. But Romans 8 shifts the focus from the struggle to deliverance. "There is therefore now no condemnation for those who are in Christ Jesus" (8:1). Victory comes not through trying harder, but through the finished work of Christ and the ongoing power of the Spirit. The Christian life isn't about earning freedom, but living out of it. We fight sin not as condemned people trying to prove ourselves, but as freed people who belong to Jesus.

OPEN:

1. What do you enjoy most (or least) about spring cleaning?

REFLECT:

2. Read Romans 7:14-25. What stands out about Paul's portrayal of his internal conflict? Does this match your personal experience? If so, why do you think that is?

3. Paul says he “delights in the law of God” (v. 22). How can a genuine Christian claim to delight in God’s law while still struggling with the “sin that dwells within me”? What does this tell us about what the Christian life involves?

4. Read Romans 8:1-4. What does it mean that we now have “no condemnation”? How is this different from saying that sin does not matter? (cf. Romans 6:1-4)

APPLY:

5. Paul said, “For I do not do what I want, but I do the very thing I hate.” Can you think of a time when you felt the same way? How did you handle it?

6. How does remembering that you are not condemned change the way you fight sin? What would it look like to fight from a position of freedom instead of fear?

7. Where do you currently feel the tension between what you know is right and what you’re tempted to do? As a group, how can we encourage one another to draw on the power of the Spirit to “do what is right”?

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