



LETTERS TO THE CHURCH [ROMANS 7]

The Way of Freedom

Romans 7 gives words to something most of us know from the inside: the strange ache of knowing the good, wanting the good, loving Jesus, and still finding ourselves pulled back toward something we hate. Paul is not writing as someone who does not care. He is writing as someone who deeply does. Someone who wants freedom. Someone who wants the life God wants for him. And yet, he still finds evil lying close at hand.

The sermon walked through five movements: The Good Command, The Active Enemy, The Wrong Fight, The Right Fight, and The Way of Freedom. The heart of the message was this: Jesus did not come to give us better behavior management. He came to deliver us, form us, and teach us how to live free by the Spirit. So as you discuss tonight, do not rush. Do not treat this like a Bible quiz. The goal is not to give impressive answers. The goal is to bring our real lives into the presence of Jesus, together.

Discussion Questions

1. Where do you feel divided?

Read Romans 7:15–21 together. Paul says, “For I do not do the good I want, but the evil I do not want is what I keep on doing.” Where do you feel that tension right now? Not just, “Where do you mess up?” but where do you feel divided? Where do you genuinely want Jesus, freedom, healing, obedience, or peace, but another desire, pattern, fear, habit, or hidden place keeps pulling you another direction? Take your time here. Let people answer honestly, not perfectly.

2. What have you been trying to manage that Jesus may be asking you to flee?

The sermon said, “Not everything that has power over you is meant to be wrestled with. Some things are meant to be fled.” Is there anything in your life you keep trying to reason with, manage, or keep close enough to access, but far enough away to feel in control? That could be a habit, an app, a secret, a relationship pattern, a fantasy, a resentment, a coping mechanism, or a place you keep returning to. What would it look like to stop negotiating with it? Not in shame. Not in panic. But in wisdom.

3. What would it look like to bring the real battle to Jesus?

The sermon said, “The problem is not that you are wrestling. The problem is that you have been wrestling with the wrong thing.” What would it look like this week to stop wrestling with sin in secret and start wrestling with God in prayer? What would it sound like to pray honestly about the thing you normally hide, minimize, excuse, or try to fix alone?

Practices for the Week

Tonight, don't just talk about freedom. Practice it. Choose one of these to try this week, but if your group has space, spend time practicing the third one together before you leave.

1. Pray the Unedited Prayer

Most of us know how to pray polished prayers. We know how to say the right things, sound mature, and tell God the version of the truth we think we are supposed to tell Him. But formation begins when we bring God our actual life. The unedited prayer is the prayer where you stop pretending. It might sound like, "God, I want this, and I know it is deforming me," or "God, I am angry," or "God, part of me wants freedom, and part of me does not," or "God, I know this is not life, but I keep going back." That is not disrespect. That is honesty. David was called a man after God's own heart, not because every thought in him was holy, but because he kept bringing his actual heart to God. This week, take a few minutes each day and pray the prayer you normally edit out. Do not clean it up first. Bring the real thing.

2. Spend Time Listening

Many of us are used to talking at God, filling the silence, and then moving on. But if we are going to be with Jesus, we have to make room to hear Him. Not because God needs a special environment to speak, but because we need space to become quiet enough to listen. Start small, but be consistent! Two minutes. Five minutes. Sit with Scripture and ask, "Jesus, what are You inviting me to notice?" "Spirit, what are You revealing in me?" "Father, where have I been negotiating with something You are asking me to flee?" Then be quiet. You may not hear anything dramatic, and that is okay. You are not trying to manufacture a moment. You are practicing attention. You are becoming the kind of person who can recognize the voice of the Shepherd.

3. Bring the Battle into Shared Prayer

This is the practice to lean into as a house church. A lot of us think accountability means, "I messed up, now I report it." There is a place for confession. There is a place for naming what happened. But what if we learned to bring people into the battle before the collapse? Not just, "Hold me accountable," but, "Can I tell you what is going on in me and have you help me bring it to Jesus?" That is different. The goal is not surveillance. The goal is communion, healing, prayer, and being carried into the presence of God by the body of Christ.

So tonight, consider creating space for people to share honestly and pray out loud. Not forced, not performative, not rushed, but honest. Give people room to pray for themselves out loud in community, to say the real thing before God while brothers and sisters sit with them, support them, and pray with them. It may sound like, "Jesus, I am tired of hiding this," or "Jesus, I feel pulled back toward something, and I need help," or "Jesus, I want freedom, but part of me still wants the old thing," or simply, "Jesus, meet me here."

Then, as a group, gently pray for them. Not fixing. Not advising too quickly. Not turning it into a lecture. Just carrying them to Jesus. Pray blessing, courage, freedom, the nearness of the Spirit, and that they would be formed in the love of Jesus. That is not weakness. That is wisdom. That is formation. That is what it looks like to stop wrestling with sin in secret and start wrestling with God in community.

Closing Prayer

Holy Spirit, show us where we have been negotiating with what deforms us. Give us courage to flee what is killing us. Teach us to bring the real battle into the presence of Jesus. Form us into people who are with

Jesus, becoming like Jesus, and doing what Jesus did, by Your power, for Your glory, and for our freedom.
Amen.