

Questions for Personal Study or Group Discussion

Open

- In what ways is your “spirit willing” but your “flesh weak?” Starting an exercise plan? Getting things done on time? Waking up earlier to read and pray? Something else?

Read

- Romans 7:7-25
(*You might want to do this in sections—verses 7-12, verses 13-20, and verses 21-25*)

Observe

- What does Paul say is one of the purposes of the law (v.7)?
- Why does “the very commandment that promised life” prove to be death to Paul (v.10)? How does that apply to our lives today?
- What is Paul’s basic dilemma (vv.15-20)?
- How does Paul bring this all together (v.25)? What does this verse tell us about the human condition?

Apply

- In verse 24, Paul cries out for help (“Who will deliver me?.” From what does Paul want deliverance? Where does he find his freedom? Do you ever find yourself in Paul’s state, calling out to God for rescue?
- Are there rules, regulations, or even laws that you just have to break? How do you “excuse” your actions? What does this say about you?

Prayer

Heavenly Father, Almighty God, your law—your Word—shows me what sin is. I confess that, just like Paul, a war rages within me. I want to do right, but I find myself doing wrong. I don’t want to do wrong, but often I find myself doing it anyway. Father, by the precious blood of your Son, Jesus, rescue me from my predicament. Holy Spirit, help me serve the law of God with my mind and in my flesh. Do this for your glory and my good. Amen.