

# **SERMON SUMMARY**

Romans 7 confronts us with one of the most profound struggles in Christian life: the internal war between who we want to be and who we actually are. We discover that spiritual maturity isn't about pretending we have it all together, but about becoming increasingly aware of our need for grace. The law of God serves not as a ladder to climb toward righteousness, but as a mirror revealing our desperate need for a Savior. What makes this message so liberating is the recognition that our wrestling with sin isn't evidence of spiritual failure—it's actually proof we're spiritually alive. Dead people don't struggle with righteousness. The tension we feel between our regenerated minds that delight in God's law and our flesh that wars against it is the normal Christian experience. But here's the beautiful truth: we're not left to fight this battle alone. The Holy Spirit isn't just a theological concept; He's the actual power source for transformation. When we stop white-knuckling our way through the Christian life and start asking for His help, we tap into the same power that raised Jesus from the dead. The question isn't whether we can be good enough—we can't. The question is whether we'll surrender to the Spirit's transforming work within us.

## **Key Sermon Themes**

### **1. The Purpose of God's Law**

- **The law reveals sin, provokes awareness of sin, and condemns sin**
- **The law is holy, righteous, and good—but it cannot produce righteousness**
- **The law shows us our need for a Savior**

### **2. The Two Natures Within Believers**

- **Christians experience an internal conflict between the old self and the new self**
- **We have the desire to do good but struggle with the ability to carry it out**
- **This wrestling is actually evidence of spiritual life**

### **3. No Condemnation in Christ**

- **Romans 8:1 - "There is therefore now no condemnation for those who are in Christ Jesus"**
- **Our status has changed from guilty to justified**
- **We await the full redemption of our bodies**

### **4. The Power of the Holy Spirit**

- **We cannot live the Christian life in our own strength**
- **The Holy Spirit empowers us to do what we cannot do on our own**
- **We must actively ask for and depend on the Spirit's help**

## **INTO THE SERMON**

## **ROMANS 7:7-25**

- What was your biggest takeaway from this weekend's sermon?

## **INTO THE TEXT**

Read Romans 7:7–25 and Romans 8:1–2 together as a group.

1) According to verses 7–13, what does Paul say the law does?  
How does the law reveal sin without being sinful itself?

2) In verses 14–20, what tension does Paul describe inside himself?  
What do these verses show us about the reality of the Christian struggle?

3) Why do you think Paul says, “I do not do what I want, but I do the very thing I hate”?  
What does that reveal about the difference between desire and ability?

4) In verses 21–25, what does Paul seem to mean by this “war” within him?  
How does that help explain the believer's ongoing battle with sin?

5) How do Romans 8:1–2 answer the tension of chapter 7?  
What changes when Paul says there is “now no condemnation” and that the Spirit has set us free?

## **TAKE AWAY / NOW WHAT**

- 1) How does this passage help you think more honestly about your own struggle with sin?
  - In what ways is it encouraging to know that even Paul described this kind of inner conflict?
- 2) The sermon emphasized that the struggle itself can be evidence of spiritual life.
  - How does that reshape the way you view conviction, wrestling, and repentance?

- **3) Where are you tempted to rely on your own strength rather than asking for the Holy Spirit's help?**
  - **What might it look like to become more dependent on Him in that area?**
  
- **4) How does “there is now no condemnation for those who are in Christ Jesus” speak into guilt, shame, or discouragement?**