



## Watch before you begin

Scan to watch the Lesson 2 teaching video — a 12-minute companion to this lesson.

MY FIRST YEAR IN CHRIST • LESSON 2

# Why Do I Still Sin?

## BIG IDEA

Your sin does not reverse what God did. The Christ who saved you is the same Christ who holds you — and He is not finished with you yet.

## CORE SCRIPTURES

*“For I do not understand what I am doing, because I do not practice what I want to do, but I do what I hate.”*

— Romans 7:15

*“Therefore, there is now no condemnation for those in Christ Jesus.”*

— Romans 8:1

## KEY CONCEPTS

Fill in the blanks as you read or as your group works through the lesson.

1. The deep, specific ache you feel after sinning isn't evidence the conversion failed — it's evidence that it \_\_\_\_\_.
2. The word Paul uses for “I want” (Greek: *thelo*) means to will or choose toward something — the very fact that you hate your sin proves the \_\_\_\_\_ is at work in you.
3. Romans 8:1 declares there is \_\_\_\_\_ for those who are in Christ Jesus. That verdict was handed down at the cross and does not fluctuate with your performance.

4. Trust is not a feeling — it is a \_\_\_\_\_, a slow daily decision to lean on what God has said rather than on what your behavior tells you about yourself.
5. The grace-based response to sin is not to perform your way back, but to \_\_\_\_\_ it, receive the forgiveness, and keep going.

## DISCUSSION QUESTIONS

*Work through these questions as a group. There are no wrong answers here — only honest ones.*

### **OPENING — LOW STAKES**

1. When you sin as a Christian, what's the first thing that goes through your mind? Not what you think should go through your mind — what actually does?
2. Before this lesson, how would you have described the relationship between your sin and your standing before God? Did you think of them as connected or separate?

### **CORE — HEART OF THE LESSON**

3. Paul describes wanting to do right and doing wrong instead — and he doesn't hide it. What changes about how you see your own failures when you realize the man who wrote most of the New Testament had the same experience?
4. Romans 8:1 says there is “no condemnation” for those in Christ — not less condemnation, not conditional condemnation. What would it look like to actually live as if that were true this week? What's the hardest part of believing it?
5. The lesson draws a distinction between guilt that leads somewhere useful and shame that just spirals. How do you tell the difference in your own experience? What does each one sound like in your head?

### **DEEPER — FOR COURAGEOUS GROUPS**

6. The courtroom illustration says the verdict doesn't get reopened every time you fail. Be honest — do you live like someone whose case is closed, or someone who keeps getting called back to the stand? What would need to change for that to shift?
7. The lesson says trust isn't a feeling — it's a practice, a “slow, daily decision to lean on what God has said rather than on what your behavior tells you about yourself.” Where is that hardest for you right now? What's the behavior that most makes you doubt what God has said?

## JOURNALING

*Set aside 15–20 minutes with these prompts. Write honestly — no one grades these.*

**1** Think about the last time you sinned and felt that wave of doubt — the “maybe it didn’t take” feeling. What specifically were you afraid was true about yourself in that moment? Write it down, even if it’s hard to look at.

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**2** Romans 8:1 says there is no condemnation for those in Christ. If you believed that — really believed it, not just knew it — what would change about how you talked to yourself after a failure?

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**3** The lesson describes two kinds of guilt: the kind that leads somewhere useful and the kind that just spirals. Which one do you default to? Write about what that spiral sounds like in your head — and then write what you think God would say instead.

## THIS WEEK

Memorize Romans 8:1. Say it out loud each morning this week before you do anything else. When guilt shows up — and it will — say it again. Not as a magic formula, but as a reminder of what's already true.

**Core Scriptures:** Romans 7:15 • Romans 8:1



### Want to go deeper?

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## ANSWERS

*Fill in the blanks as you read or as your group works through the lesson.*

1. [Happened](#)
2. [New Creation](#)
3. [No Condemnation](#)
4. [Practice](#)
5. [Confess](#)