

Romans 7

Opening Thoughts

1. Do you do any regular exercise? What do you do and is it hard to discipline yourself to do it?
2. What sort of things help you to focus on exercising? What sort of things prevent you from doing it?

Into the Passage

Read Romans 7

3. In verse 4, Paul says that we have died to the law? What does that mean?
In the second part of verse 4, it says that we now belong to another? What does that mean?
4. Does being released from the law (v6), now mean we have the freedom to anything we want?
5. In verses 7-12 Paul talks about how the law seems to entice sin? What does he mean by this, and have you experienced this yourself?
6. What does it mean that sin lies dead apart from the law? (v8) And if that's the case why do we need to have laws? What is the purpose of laws?
7. Do you ever feel the way Paul feels in verses 15-19? How do you deal with those situations?
8. What does it mean to live by the flesh, and what does it mean to live by the Spirit?

There's a sense of frustration in dealing with sin, and trying to break free from it. On a larger scale, the human condition is unable to be set free from sin by their own strength. Paul summarises this with the last sentence in Chapter 7.

In Chapter 8, Paul then goes on to explain how we can live as believers. We will look at Chapter 8 next week.

Moving Forward

9. Do you feel like you are living more in the flesh or in the Spirit?
10. How do deal with your struggles with temptation?
11. Like exercise, what are some ways that we can help each other focus on life in the Spirit?

Read 2 Corinthians 3:3-5

12. God has written his laws on your heart with his Spirit. How can this fact help you when you face temptation?
13. What experiences do you have where God has changed your mind and your sinful desires?
14. Do you feel that you are dead to the law? Do you feel that God's law is written on your hearts? Why or why not?

Life Together

Part of being a cell group is developing honest and authentic community where we are able to support one another in trust.

15. Did you memorise last week's verse? :) Share it with each other today.
16. Pray for one another – especially that we desire the Spirit of God to shape us more. So that we aren't fearful of being bound by the law, but excited to be living in the Spirit.

Romans 6:7 - Some Leader's Notes

These notes are primarily for the Into the Passage portion, and are to be used just as guidelines or commentary notes. Don't place too much focus on them, and let the Bible study discussion lead primarily from the passage itself.

And MAKE SURE you have PLENTY of time at the end to share and pray for one another. OK?

Into the Passage

Read Romans 7

3. In verse 4, Paul says that we have died to the law? What does that mean?

In the second part of verse 4, it says that we now belong to another? What does that mean?

It means that the law no longer has authority over us. But Paul isn't talking about Roman law, or civil law. He's referring to the Mosaic law here. (To the Jews, however, the Mosaic law was above other laws. It was the law that kept them in relationship with God.)

By saying that we are dead to the law, Paul is saying that we are no longer bound by those restrictions. But instead, we now belong to the Spirit. We now serve God, not simply in fear of breaking the law, but out of a new relationship through His Spirit.

Where as we used to know God through the Law, we now know him through His Spirit in our hearts.

4. Does being released from the law (v6), now mean we have the freedom to anything we want?

*Being released from the law does not resolve us from responsibility. Instead, it brings us into a relationship with God. For example, as my son grows older I don't want to just tell him what to do, but rather I want him to *know* what to do in his heart, and be able to make decisions based on his character.*

Likewise, God is giving us a way to not have our character shaped simply by external laws; instead he is shaping our character from the inside out.

5. In verses 7-12 Paul talks about how the law seems to entice sin? What does he mean by this, and have you experienced this yourself?

The law causes this dichotomy. On one hand the law reveals – it clearly demarcates what is right and what is wrong. But by doing so, it begins to stir in our hearts this “curiosity” or “temptation” to see what's on the other side. Does that mean the law is evil? (This is Paul's question). No, rather, it highlights that the law is good. It causes us to realise what is right, and that by breaking it, you are doing wrong. In fact, the law highlights our sinful nature – the desire to break the law.

(i'll leave the experience part to your own group sharing)

6. What does it mean that sin lies dead apart from the law? (v8) And if that's the case why do we need to have laws? What is the purpose of laws?

Sin, or our sinful nature, is not revealed without the law. Apart from the law, we remain sinful, we're just not aware that what we may have done is wrong. But without the laws, there can be no justice. Taking Paul's example, if a man marries a woman, and then the woman runs off and marries another man – without any laws, the first man has no way to defend his marriage. It's just anarchy. So the laws guide and help us to know what is right, and provide a way for justice.

7. Do you ever feel the way Paul feels in verses 15-19? How do you deal with those situations?

(i'll leave this to your own discussions)

8. What does it mean to live by the flesh, and what does it mean to live by the Spirit?

To live by the Spirit means that we are asking God to change our character, and letting his Spirit speak into our lives – and obeying His Spirit.

To live by the flesh means that we obey our sinful nature. We obey the opportunities to break boundaries and satisfy ourselves at the cost of our character.