

SRMBC Family Bible Study

Romans: A New Lifestyle

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Reverend Thomas A. Keys, Pastor

Lesson 9: Our Struggle with Sin Romans 7:7 – 25

Are you ever baffled by your behavior? You know the right thing to do, but you fail to do it. You resolve to avoid certain things and they In Romans 7 Paul explores his own inner struggles to do good and avoid evil. As we look into his mind and heart, we see a reflection of ourselves and the power that opposes us.

Group Discussion: Saying no to a piece of pie or chocolate we don't need seems so simple but is easier said than done. Why is it often such a struggle to do what we know we should do?

- What we don't want to do appeals to our flesh – it feels good, looks good tastes good in the short term.
- It seems easier to do what we shouldn't rather than what we should.
- There seems to be temptations and triggers everywhere (media, internet, society, etc.)

Read Romans 7:7 – 25.

1. **How do the questions Paul asks in verses 7 and 13 provide the framework for this passage?**

The Questions:

Vs.7: Well then, am I suggesting that the law of God is sinful?

Vs. 13: Did the law, which is good, cause my death?

The Framework For This Passage:

- To answer the question, "If I am a Christian - why do I still sin?"
 - If the Law is good – why can't I keep it completely.
 - Who gets the blame when I sin - the Law or me.
 - Who can help me defeat the enemy that is in me.
2. **Look at verse 7. What has Paul said previously that might lead to the conclusion that the law is sin?**
- Paul must now clarify his thoughts, especially his statements that believers have died to sin (6:2) and to the law (7:4).
 - Paul even says the law arouses our sinful nature – some may think that the Law makes us sin.

In essence, the solution of the problem is this: the law cannot be identified as sinful simply because it provides awareness of sin.

3. **The results of trying to keep the law brings us to death – according to Paul. How did the law create in Paul a vivid awareness of sin? Why then is it wrong to blame the law for our sinful behavior?**

Awareness of Sin

- The Law is good and yet sin enslaves us when we fail to keep it.
- The Law gives a name to our sin (Lying, stealing, adultery, etc.)
- The Law ignites our inner desire to sin and disobey God.

Why We Can't Blame Law for Sin

- Just because the law identifies sin – it is not sinful (Speed Limit, Tax laws, etc.)



Can one say of an X-ray machine that revealed a disease that the machine is diseased? That would be utter nonsense”

4. **To what extent can you identify with Paul's struggles in these verses? Explain.**

- I can identify with the daily struggles with sin and temptation
- Although I have a knowledge for what God wants me to do and I know that I have trouble keeping it.
- I know that even though I know I am saved, I still can feel sin's pull.
- Apart from the Spirit and power of Christ – I feel helpless and unable to win this fight on my own.
- In spite of it all – I am more than a Conqueror, victorious in Jesus Christ.

5. **Why would it also be wrong to blame the law for Paul's spiritual death (vv. 13-14)?**

- **The Law is Good** - it does not make us sin only brings us to the knowledge of our own sinfulness.
- **The Law is Holy** - When we sin it is because of our disobedience to the holy commandments of God – our sinful lifestyle compared to God's holiness is really sinful.
- **The Law is Spiritual** - God's Law confronts our fleshly, sinful, carnal nature.

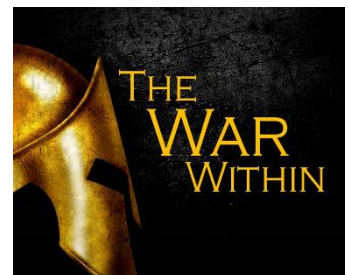
6. **Paul compares his struggle with sin to a war, with sin as the aggressor (v. 23). Describe the nature and outcome of this war (vv. 21-23).**

The Nature of the Battle

- It is a Spiritual Battle - Evil and God's Law continually at war with one another.
- It is an Internal Battle - Because the battle is in the mind and heart

The Outcome of the Battle

- It Is a Losing Battle - Apart from renewing the mind with the Word of Christ we will lose the battle against sin.



7. How can a person's anguish and struggle with sin be beneficial (vv. 24-25)?

- We come to the end of ourselves – A wretch – helpless against sin.
- The “sin-struggle” lets us know that we are saved – different from the time before Christ came into our lives.
- It pushes us to rely totally on Jesus Christ and what He has done and is doing to deliver us from sin.
- It helps us to recognize that our inner sinful nature does not have to control us – there is something greater in us - Christ.

8. Why is it important to realize that only Christ can rescue us from the power of sin?

- Only Christ can deliver us from the penalty of sin.
- Only Christ can deliver us from the power of sin.
- When we depend on our own power we always and eventually fail.

When Paul realized that Jesus could rescue him from his wretched condition, he cried out, “Thanks be to God!” If this is your response too, spend time thanking him.

Keys for Living



Although the Law cannot save it is still good and holy for it makes us aware of our sin and our need of a Savior.



The fact that we struggle with sin is an indicator of the change the Spirit makes in our lives. If there is no change there is no struggle.



Believers will only experience victory when we recognize our helplessness in our struggle against sin and that only Christ can deliver us.