



# Going Deeper

R o m a n s 7 : 1 3 - 2 5

## Big idea

God's law is holy and good, but sin is far worse—so corrupt that it twists even what is good into an opportunity for death. The believer feels this inner conflict daily: the desire to do right and the pull of the flesh. Yet hope is not lost, for deliverance comes through Jesus Christ our Lord.

## Sermon recap

### Context (Romans 7:1–12)

Paul explains that believers are released from the law's condemnation just as a widow is released from her husband when he dies. The law revealed sin but could not rescue from it. Like a mirror, it exposes what is wrong but cannot cleanse us. Sin used the commandment—especially “You shall not covet”—to stir rebellion in the heart. The problem is not the law but sin's power within us.

**The Inner Conflict No Rule Can Cure (vv. 14–20)** The law is spiritual, reflecting God's holy character, but we are fleshly; still battling the residue of Adam's sin. Paul describes the tension every believer feels: “What I want to do, I don't do; and what I hate, I do.” Our redeemed spirit longs to obey God, yet sin lingers in our unredeemed flesh. The believer agrees with the law and desires holiness, but indwelling sin opposes the Spirit's work.

**The Captivity We Cannot Break Ourselves (vv. 21–23)** Even those who delight in God's law discover another principle at work—the law of sin. It wages war against our minds and seeks to drag us back into bondage. Though our new selves side with God, our flesh resists His will. This conflict proves that moral effort alone cannot free us.

**The Deliverer We Desperately Need (vv. 24–25)** Paul cries, “Wretched man that I am! Who will deliver me from this body of death?” His lament reveals both frustration and longing. Like a wounded soldier needing rescue, he yearns for freedom from sin's influence. The answer bursts forth: “Thanks be to God—through Jesus Christ our Lord!” Our victory and deliverance come only through Him.

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## How to go deeper this week

### Day 1 — The Law and Sin's Deception

**Read:** Romans 7:7–13

**Reflect:** How does God's law reveal sin's true nature in your life?

**Pray:** Ask God to help you see sin as He does and to thank Him for His grace in Christ.

### Day 2 — The Battle Within

**Read:** Romans 7:21–23

**Reflect:** Where do you experience the struggle between desire and action?

**Practice:** Memorize Galatians 5:17 and reflect on how the Spirit helps you fight sin.

### Day 3 — Two Laws at War

**Read:** Romans 7:21–23

**Reflect:** What does it look like when the “law of sin” wages war against your mind?

**Pray:** Ask God for discernment to recognize temptation early and resist by His strength.

### Day 4 — The fruit of obedience

**Read:** Romans 7:24–25

**Reflect:** Do you feel the weight of sin's presence and the hope of Christ's rescue?


**Practice:** Write a personal prayer of gratitude for Jesus, your Deliverer.

### Day 5 — Life in the Spirit

**Read:** Romans 8:1–4

**Reflect:** How does the Spirit free you from the law of sin and death?

**Practice:** Celebrate this freedom through worship or by sharing your testimony with someone this week.

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## Practical applications


- **See the law rightly:** It reveals sin's seriousness but cannot save.
- **Acknowledge the battle:** Recognize the ongoing struggle between the Spirit and the flesh.
- **Depend on Christ daily:** Freedom from sin's power comes only through Him.
- **Live by the Spirit:** Let His power enable obedience the law could never produce.

## Reflection and discussion

1. Why do people often mistake grace as a license to sin?
2. How does Paul's slavery analogy help you understand obedience to God?
3. What "fruit" from your old life brings you shame today?
4. How has God begun to bear new fruit of holiness in your life?
5. What does it mean to you personally that eternal life is a free gift?

## Scripture for further study

- Romans 7:1–12
- Galatians 5:16–25
- Jeremiah 31:31–34
- Psalm 119:33–40
- 2 Corinthians 3:5–6
- Romans 8:1–4

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