LifeGroup Study Sheet

May 21st and May 24th , 2026: Romans 7:1-6

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

If your relationship with your diet, your to do list, or your workout goals were a marriage, would you say you're thriving, surviving, or already filing for divorce? And what 'law' do you keep going back to even though it never actually works?"

Digging In

Question 1: Read Romans 7:1-4. Freedom from the law through death! Paul uses the analogy of marriage to explain how death dissolves a legal bond (vv. 1–3). In what ways do you think Christians still try to earn God's approval by keeping rules? What does it feel like to live as though you're still "married to the law"?

Can you think of a specific area in your life where you default to "rule keeping" rather than resting in your new identity in Christ? Paul says the old marriage is ended! We have died to the law (v.4). What practically changes in how you relate to God when you believe this is truly finished?

How does understanding your freedom from condemnation (Romans 8:1) affect the way you approach sin and repentance day to day?

Read **Galatians 2:19-21 and Romans 8:1**

Question 2: Read Romans 7:4-6 – Old Self vs New Self. In verse 5, Paul describes the old life: sinful passions were "aroused by the law" and were at work "to bear fruit for death." In verse 6, we now serve "in the new way of the Spirit." What does it look like concretely, in your weekly rhythms, to live out of the Spirit rather than the flesh? Paul contrasts "fruit for death" (v.5) with "fruit for God" (v.4). What fruit has the Spirit been producing in your life this season? Even if it feels small?

The Spirit-led life isn't passive! How do you distinguish between striving in your own strength and actively cooperating with the Spirit?

Read Galatians 5:16-25, 2 Corinthians 3:6

Question 3: Read Romans 7:1-6. Bearing Fruit for God! The whole purpose of being released from the law, Paul says, is "so that we may belong to another, to Him who was raised from the dead, in order that we may

bear fruit for God" (v.4). How does your freedom in Christ fuel your love for others and your mission in the world, rather than becoming an excuse for passivity?

Belonging to Christ (v.4) is **relational before it is behavioral**. How does a deeper sense of belonging to Him change your motivation for obedience?

Where do you feel most "alive" in your faith right now? Where do you feel dry or stuck? What might that reveal about whether you're serving from identity or obligation?

Read Titus 2:11-14 and 1 Peter 2:16

Application

1. Are you **free**?
2. Are you **faithful**?
3. Are you **fruitful**?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?
Confession – What sin can I confess because of what this teaches me?
Thanksgiving – How can I thank God for what Jesus has done?
Supplication – What do I need to ask of God in order to grow in light of this?