LifeGroup Study Sheet

May 28th and May 31st , 2026: Romans 7:7-25

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

"What's something you've told yourself you'd stop doing and then immediately did again five minutes later?"

Digging In

Question 1: Read Romans 7:7-12. Paul says the Law is "holy, righteous, and good" (v. 12) — but it made his sin problem worse, not better. Have you ever experienced something good in your life that somehow revealed how broken you are?

Paul describes sin "seizing an opportunity through the commandment" to produce every kind of covetousness (v. 8). The rule didn't create the desire — it named it, and naming it seemed to inflame it. This mirrors the psychological phenomenon of forbidden-fruit thinking, but Paul's point is theological: the Law was never designed to cure sin; it was given to diagnose it (Gal. 3:24).

Read Romans 3:20, Galatians 3:19,24 and 1 Corinthians 15:56

Question 2: Read Romans 7:13-23. Paul cries out, "I do not do what I want, but I do the very thing I hate" (v. 15). Where in your life do you feel the sharpest gap between who you want to be and what you do?

Paul is describing an inner civil war. The "I" that delights in God's law (v. 22) is at war with "another law" at work in his members (v. 23). This is not mere willpower failure. Paul locates the battle at the level of the self: "it is no longer I who do it, but sin that dwells within me" (v. 17). This is a distinction, not an excuse: he isn't denying personal responsibility but identifying indwelling sin as a power that hijacks the will. This maps directly onto Paul's "flesh vs. Spirit" language.

Read Romans 8:5-8, Galatians 5:16-17 and James 4:1-2.

Notice Paul says "I agree that the Law is good" (v. 16). Is that true of you? Do you want the right thing? What does it mean that believers desire holiness even when they fail?

Question 3: Read Romans 7:24-25. Paul's desperate cry, "Who will deliver me from this body of death?" is answered immediately: "Thanks be to God through Jesus Christ our Lord!" (vv. 24–25). What does it look like, practically, to live from that deliverance rather than constantly striving for it?

The deliverance Paul announces in v. 25 is not a future hope but a present reality! It is pointing to what he will unpack in Romans 8. The Spirit does what the flesh and the Law could not.

Read Galatians 5:25, Colossians 3:5, Philippians 4:13.

What's the difference between someone who fights sin by sheer willpower and discipline versus someone who "walks in the Spirit" (Gal. 5:25)? Does that look different day-to-day?

Application

1. Has Jesus delivered you & is He delivering you?

2. What is my besetting sin & how am I battling sin?

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?