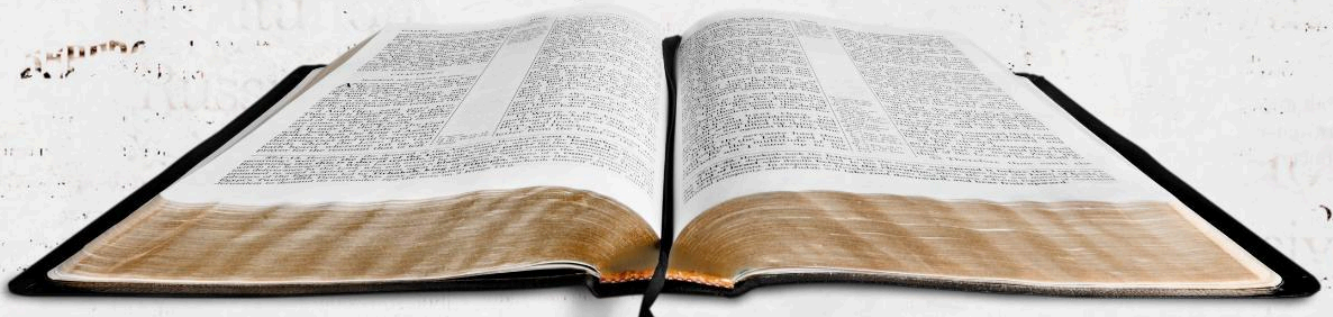


NOT ASHAMED

Romans 1 - 8

Winning the battle within

Connect group notes



TOPIC : Romans: 7: Winning the Battle within.

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MEDITATION TIME:

Welcome to our weekly small group BIBLE MEDITATION outline. The goal is to get people chewing on the Word of God. We use a simple strategy called **S. O. A. P.** to guide us through.

Let's dive in:

S - SCRIPTURE: Today's text(s) are:

Romans 7:7-25

We encourage you to each read a verse as you go round the group - use whatever translation you have.

If you don't want to read aloud then just nudge the person after you, but do your best to join in.

O - OBSERVATION:

The goal here is to underline or highlight the verse that stands out to you the most.

What verse that catches your attention?

What words or phrases in that verse stand out in particular?

Take a few moments individually to answer these questions.

A - APPLICATION: Now ask people to take turns to share their verse, by getting them to answer these two questions:

Which verse did you choose and what is it saying?

Why do you think the Holy Spirit is highlighting this verse to you?

P - PRAYER: Once everyone has had a chance to share their verses, close the evening with a round of prayer.

Ask everyone to turn their verse and what they felt God saying to them into a short prayer for the rest of the group.

Go clockwise around the table giving everyone a chance to pray.

Summary

This sermon focuses on Romans 7 and discusses the internal struggle that Christians face with sin, even after salvation. This chapter is

Paul's personal testimony about wrestling with his sinful nature while trying to live a godly life. The message emphasizes that this struggle is normal for believers but also provides hope through Jesus Christ's deliverance.

Question: What's something you really want to do consistently but find yourself struggling to actually do it (could be exercise, eating healthy, reading more, etc.)?

KEY TAKEAWAYS

- The temptation to sin will always be there, but what you focus on grows, and what you starve will diminish. Don't feed the sinful nature, feed the desires of the Spirit not the flesh.

- Your proximity to God or intimacy with God determines how much you will experience His help in your struggle.
- We end up following the desires we entertain most - either the Spirit or our sinful nature.
- All of us experience internal struggles between the desires of the flesh and the desires of the Spirit. The more we choose the desires of the Spirit the more God is able to work His plan to make us more like Jesus.

GOING DEEPER:

Choose three or four questions that stand out for you as a group to discuss.

Questions:

- 1. How do you relate to Paul's struggle of 'not doing what I want to do, but doing what I hate'?**
- 2. Why do you think God allows believers to continue struggling with sin after salvation?**
- 3. What's the difference between focusing on 'not sinning' versus focusing on Jesus?**
- 4. What are some practical ways we can 'starve' the sinful nature and feed our spiritual nature?**
- 5. What role does the Holy Spirit play in helping us overcome our internal struggles?**

6. How can we support each other as a community in dealing with these internal battles?

ACTION STEP

This week, whenever you feel tempted or are struggling internally, practice immediately turning your focus to Jesus instead of just trying to resist the temptation. A good way of doing this is by having go-to scripture that speaks into the situation. Keep a journal of how this shift in focus affects your spiritual battles.

Romans 7:7-25

7 What shall we say, then? Is the law sinful? Certainly not! Nevertheless, I would not have known what sin was had it not been for the law. For I would not have known what coveting really

was if the law had not said, "You shall not covet." [b] 8 But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting. For apart from the law, sin was dead. 9 Once I was alive apart from the law; but when the commandment came, sin sprang to life and I died. 10 I found that the very commandment that was intended to bring life actually brought death. 11 For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death. 12 So then, the law is holy, and the commandment is holy, righteous and good.

13 Did that which is good, then, become death to me? By no means! Nevertheless, in order that sin might be recognized as sin, it used what is good to bring about my death, so that through the commandment sin might become utterly sinful.

14 We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. 15 I do not understand what I do. For what I want to do I do

not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good. 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 For I know that good itself does not dwell in me, that is, in my sinful nature.[c] For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

21 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. 24 What a wretched man I am! Who will rescue me from this body that is subject to death? 25 Thanks be to God, who delivers me through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God's law, but in my sinful nature[d] a slave to the law of sin.