



February 16, 2014
Celebration | 8:45 am
Elevation | 10:45 am
Pastor David Mitchell

The War Within Us Romans 7

Our Struggle:

“Wretched man that I am! Who will set me free from the body of this death?” Romans 7:24

Wretched =

- **From attempts to gain God’s righteousness (law) in our own strength.** Romans 7:1-4, Galatians 3:10-11, James 2:10
- **From sinful passions.** Romans 7:5, James 1:13-16
- **From sinful deception.** Romans 7:11, II Corinthians 11:3
- **From sinful domination.** Romans 7:13, Revelation 3:17

Our Victory:

“For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.” Romans 8:2

- **Set free by believing in Jesus’ sacrifice and resurrection.** Romans 7:4
“Therefore, my brethren, you also were made to die to the Law through the body of Christ, so that you might be joined to another, to Him who was raised from the dead, in order that we might bear fruit for God.” (v.4)
John 15:4, 5; Romans 6:6, 9; Philippians 3:7-9
- **Set free to serve in the new power of God’s Spirit, not the legalistic law.** Romans 7:6
“But now we have been released from the Law...so that we serve in newness of the Spirit and not in oldness of the letter” (v.6)
Galatians 5:13, 16-17
- **Set free to honestly acknowledge my spiritual struggle.** Romans 7:14-20
“For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not.” (v.18)
- **Set free to know God’s truth to guide me.** Romans 7:7, 12, 14, 16, 22-25
“For I joyfully concur with the law of God in the inner man...” (v.22)
Psalm 119:9-11; 27-32

Digging Deeper

Romans 7 is Paul's honest expression of his struggle to live the righteous life. He knows the value of God's law, but came to realize that he could never achieve God's righteousness by attempting to live a perfect life of obedience to the law. His sinful flesh kept defeating him. Therefore, he concludes: ***"Wretched man that I am! Who will set me free from the body of this death?" - Romans 7:24***

The law of the Jewish rabbis was comprised of 613 commands. This included 248 mandates and 365 prohibitions related to the Temple, sacrifices, rituals, donations, animals used for food, as well as festivals, social issues, family responsibilities and legal matters. It was a burden no one could live up to. So why did God give the law if no one could keep it? We know His standard of righteousness is one that we can never attain in our own strength. Read Romans 7:7. We need help, and that is why Jesus came to save us by removing our sin and giving us His righteousness.

Read Romans 7:14-20 and reflect on how you relate to his spiritual struggle. A discussion for another time is whether Paul's expression here was before he was saved as he attempted to keep the law as a Pharisee, or, was it after salvation as he matured and realized the spiritual war he was in by following Jesus. Either way, it reflects the struggle anyone seeking a godly life faces and the frustration to find victory in our own strength. As believers in Jesus, we should be very sensitive to the reality of sin. Knowledge of God's Word should point us to His holiness and our own sinfulness.

LifeGroup Discussion:

What are some of the biggest challenges or obstacles you face in your spiritual growth?

Struggles may come from the following as noted on the front of the outline:

1. **Sinful passions:** Read James 1:13-16. What happens to us when we give into sinful temptations? What temptations or "lusts" could Satan use with you?
2. **Sinful deception:** Read II Corinthians 11:3 and Genesis 3:1. How was Eve deceived by Satan? Reflect on a time when you were deceived by sin and Satan?
3. **Sinful domination:** When sin dominates, we cease to feel guilt or have a sense that anything is wrong spiritually. We are self-sufficient. How is that reflected in Revelation 3:17? Note that they do not know they are "wretched" which Paul at least acknowledged in Romans 7:24.

LifeGroup & Discipleship Scriptures and Questions:

Read these verses and answer how they make you more sensitive to sin and God's will to live for Him.

- I Corinthians 6:19-20 - How does God view our body and what price did He pay?
- Ephesians 4:30 - How does sin impact the Holy Spirit?
- I Peter 3:12 - Why is righteous living important for your prayer life?
- I Corinthians 9:27 - When tempted to sin, what does God ask us to do?
- Jeremiah 5:25 - What does sin prevent in your life?
- Hebrews 12:5-7 - Why is God's discipline important to us?
- II Timothy 2:21 - How does the forgiveness of our sin affect our service to God?
- I Corinthians 11:28-29 - What should be done before each communion in regards to sin?

Next Steps:

1. **Join the 'Growing in Christ' Discipleship Ministry to mature in your faith and enjoy the victory over spiritual struggles that Jesus has promised.** This study for new and growing Christians meets on Wednesdays at 7:00 pm in rooms S-1 and S-2. For more info, contact Ross Strachan at 714.541.1053 or visit calvarylife.org/grow
2. **Find help with sins, addictions, habits and struggles** that have been difficult to overcome through ministries like Celebrate Recovery, Support Groups and Counseling. Learn more about the Care Ministries at Calvary at calvarylife.org/care