

## Romans 7: Wrestling with Sin, the Law, and Deliverance

### Key Terms & Concepts:

- **Law:** God's perfect standard of righteousness. It reveals sin but cannot save.
- **Sin:** A power that corrupts and enslaves. It deceives and leads to death.
- **Flesh:** Our fallen nature—hostile to God and powerless to obey.
- **Inner Man:** The regenerate heart that delights in God's law.
- **Condemnation:** The just judgment we deserve for sin.
- **Deliverance:** Rescue from sin's grip and guilt, found in Christ alone.

### **Section 1: Romans 7:1-6 – Death to the Law, Freedom to Bear Fruit**

#### **Key Concepts:**

- Believers have died to the law through Christ.
- We are no longer bound to the old covenant but belong to Christ.
- This new life leads to fruitfulness—not legalism.

#### **Application Reflection:**

- When you live under pressure to perform, what kind of “fruit” grows?
- What changes when you remember you’re joined to Christ, not to law-keeping?

#### **Cross References:**

- Galatians 2:19-20, Romans 6:14, John 15:5

### **Section 2: Romans 7:7-13 – The Law Reveals, But Cannot Rescue**

#### **Key Concepts:**

- The law isn’t sinful—it exposes sin.
- Sin uses the law to provoke more rebellion.
- The law brings knowledge of sin but not power to overcome it.

#### **Application Reflection:**

- Where have you seen sin use something good to tempt you?
- What does this passage show about your need for grace?

#### **Cross References:**

- Psalm 19:7-11, Galatians 3:24, 1 Timothy 1:8-9

### **Section 3: Romans 7:14-20 – The Ongoing Battle Within Believers**

#### **Key Concepts:**

- Paul describes the inner war: delighting in God's law, yet doing what he hates.
- Sin still dwells in our flesh, causing real struggle.
- Only Christ can deliver us from this conflict.

#### **Application Reflection:**

- What lies does sin whisper when you fail?
- How can you train yourself to cry out to Christ in your struggle?

#### **Cross References:**

- Galatians 5:17, 2 Corinthians 12:9, Hebrews 4:15-16

### **Section 4: Romans 7:21-25 – The Cry for Deliverance**

#### **Key Concepts:**

- Paul confesses that evil is close even when he wants to do good.
- He cries out for deliverance—not from effort, but from despair.
- Christ alone can deliver from this war—we walk forward in dependence, not defeat.

#### **Application Reflection:**

- Where do you need to cry out for God's help instead of pretending you're fine?
- How does this passage prepare you to receive grace daily?

#### **Cross References:**

- 2 Corinthians 12:9, Romans 8:1-2, Psalm 40:1-3

### **Conclusion: The Rescue We Desperately Need**

#### **Final Reflection Questions:**

1. What's one part of your life where you feel the most defeated?
2. How does Romans 7 help you understand your need for Christ?
3. What does it mean to confess sin and run to Christ, not away from Him?

**Key Verse:** Romans 7:24-25 "Wretched man that I am! Who will deliver me from the body of this death? Thanks be to God through Jesus Christ our Lord!"