

Small Group Discussion Guide

Romans 7 – “The Long Struggle”

Theme: Sin, Grace, Law, and Jesus

Main Idea: The Christian life involves a real struggle with sin, but through Jesus Christ, we find freedom and victory.



Warm Up

Goal: Engage the group with personal reflection and connection.

- When have you tried really hard to follow a rule or routine but kept falling short? What made it so difficult?
- What emotions come to mind when you hear the word “*struggle*” in the context of faith?
- If you had to describe your walk with God using a metaphor (a race, a battle, a climb, etc.), what would it be and why?



Know It

Goal: Understand what Paul teaches about the law, sin, and freedom in Christ.

Read Romans 7:1–6 — “Jesus Frees Us from the Law”

- What does Paul mean when he says we have “died to the law” through Christ?
- How does his marriage analogy help us understand our new relationship to Jesus?
- What’s the difference between serving “in the newness of the Spirit” versus “the old letter of the law”?

Read Romans 7:7–13 — “The Law’s Goodness and Sin’s Power”

- Why does Paul insist that the law is *good* even though it reveals sin?
- How does sin take something good (like the law) and use it to deceive us?
- What does this passage teach us about the nature of sin and human weakness?

Read Romans 7:14–25 — “Victory in Jesus”

- Why do you think Paul repeats the idea of doing what he *hates* and not doing what he *wants*?
- How does this passage describe the tension between our new nature in Christ and our sinful flesh?
- What hope does Paul find at the end of the chapter (v. 24–25)?



Share It

Goal: Encourage honest discussion and testimony.

- Do you identify with Paul’s words: “*I don’t do the good I want to do...*”? In what ways?
- How do you usually respond when you fail spiritually—shame, determination, prayer, withdrawal, or something else?
- How has Jesus helped you experience freedom from guilt, legalism, or the cycle of sin?
- What does it look like for believers to support one another in “the long struggle” of sanctification?



Live It

Goal: Apply the truth personally and practically.

- Where are you still trying to “perform” your faith rather than rest in Christ’s finished work?
- What is one area where you can rely more on the Spirit’s strength rather than your own effort this week?



Prayer Focus

- Take time to thank God for the victory that comes through Jesus Christ (v. 25).
- Pray for one another—that each person would walk in the freedom of the Spirit and bear fruit for God.