**Small Group Notes – 21 June 2020**

**Welcome –** What is your favourite film and why?

**Word - Our very real struggles** – Romans 7:1-25

The question Paul addresses at the beginning of Romans Chapter 7 is whether the old laws in the Torah founded upon the Old Covenant are still relevant, and apply to the Christian under the New Covenant. Paul uses an illustration of marriage to make his point. He likens our Salvation experience as wives who are married to husbands but have been freed from the marriage because they have died, so are now free to marry again. In Christ, we have a new Husband. Jesus is gentle, kind loving, and sacrificial husband. Through Jesus, we are released from the old law. So, does that mean that the old law was bad? Paul shows us the true value of the law. He tells us that the law is good because it shows us our sin – verses 7-8. Paul tells us the law is Holy, right & good – verse 12. The issue is not with the law but with me, Paul states

**The Believer’s Battle** – verse 15-24

Paul tells us that he doesn’t do what he wants do, but what he doesn’t want to do, he does! He says that indwelling sin is continuously lining up to do battle against him. Trying to pull him down, discourage him and ultimately destroy him. It is a real struggle to live up to what you know you ought to be, and the reality of living with repeated personal failure is challenging.

‘The Human situation’

***Like Paul we know the good, but we don’t do it. We know what’s wrong and we fight against it and then we do it anyway. We say ‘I will and then we don’t. we say ‘I won’t and then we do. we make a promise and then we break it. We set a goal and we don’t go after it. We say I’ll never do that again’ and we do it the very next day.***

***This is our human experience.*** William Barclay.

Three things that will help us in our very real struggle with our sinful nature

* **Honesty** – verse 24
* **Humility** – verse 24b
* **Dependence** – verse 25

Our dependence to overcome this sinful nature is not found in a formula but a person, Jesus.

The power of self-will alone cannot overcome our sinful nature. It is a daily moment by moment, dependence on Jesus to rescue us and deliver us. He is the one who we can call on for daily victories over our sinful nature.

**Questions**

* What legal changes happen to a woman when her husband dies? – verses 1-3
* What similar changes occur when we die to the law? – verses 4-6
* What did Paul have to say about the law? – verses 7-13 What is good about it?
* What limitations do you see in these verses to what the law can accomplish?
* According to verses 14-20, why does Paul feel so wretched?
* To what extent can you identify with Pauls struggles in verses 14-24?
* How can a person’s anguish and struggle with sin be beneficial? – verses 24-25
* What steps can we take to help us in our battle against our sinful nature?

**Prayer:** In the privacy of your own home, speak to the Lord regarding the things you struggle with and ask for his help to live life in the Holy Spirit.