

# WHEN IN ROMANS



WOODBURY  
LUTHERAN

**July 6, 2025**

Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin. - Romans 7:24-25 NLT

## Reflect

**Be still for a moment. A prayer to start...**Father, open my ears and my heart to your living word.

**Read the full passage in your Bible - Romans 7:7-25 NLT**

What is it from these verses that grabs your heart or sparks curiosity?

These are powerfully honest words from Paul. Do any of his words resonate with your life? If so, in what ways?

Paul makes it clear that his only hope in the struggle is Jesus. How have you experienced this personally? And if you haven't, what's your experience been?

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## Pray

Turn to God and use the previous question as a springboard for prayer. What might God want to say to you about this? Listen carefully.

Express your heart to God about this battle. Cry out for help in specific areas of your life.

As you soak in this scripture, what do you want to praise God for (who he is) and thank God for (what he's done)? Go ahead and do that.

## Live It Out

### 1. Be Honest With Yourself and With God

Take a quiet moment to name your struggle. Not to hide it or fix it, but to bring it into the light. Pray, *"God, this is where I'm falling short, and I need You here."* Grace meets us in honesty—not in pretending.

### 2. Remember Where Your Victory Comes From

Your identity is not found in how well you perform, but in Jesus, who walks with you through every battle. When you feel discouraged, declare this truth: *"Thank you Jesus...you are my hope!"*

### 3. Let Someone In

Find one person this week you can talk to about what you're going through. Vulnerability builds real community. There's real power in the words, *"Me too."*