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## The Frustration of a Sincere Heart

### Romans 7:18-20

#### I. The Believer's Honest Self Knowledge (v. 18a)

- A. The flesh \_\_\_\_\_ (Phil. 3:5-6, 7; Rom. 8:8; Gal. 5:17)
- B. The honesty \_\_\_\_\_  
(1 Cor. 11:1; Isa. 6:5; Job 42:6; Lk. 5:8; Prov. 16:18; Rom. 8:1; 2 Cor. 4:7)
1. Stay \_\_\_\_\_ (Rom. 12:3)
  2. Stay \_\_\_\_\_ (Matt. 26:41)
  3. Stay \_\_\_\_\_ (Phil. 2:13)

#### II. The Believer's Inner Conflict (vv. 18b-19)

- A. The \_\_\_\_\_ is real (v. 18b)  
[Ezek. 36:26-27; Heb. 13:21; Psa. 40:8]
- B. The \_\_\_\_\_ is absent (v. 18c)  
[Matt. 26:41; Jms. 1:14-15]

- C. The reality of \_\_\_\_\_ failure (v. 19)  
[Eccl. 7:20; Jms. 3:2; Num. 20:11-12; 2 Sam. 11; Matt. 26:33-35, 41, 69-75; 2 Cor. 12:9]

#### III. The Believer's Continual Need for Grace (v. 20)

- A. Sin still \_\_\_\_\_ (Rom. 7:16-17; Gal. 2:20; Rom. 6:6, 12; 8:9)
- B. Grace still \_\_\_\_\_  
(1 Jn. 4:4; Phil. 1:6; 1 Thes. 1:3)

#### TAKE HOME:

- Stop \_\_\_\_\_ in self-effort
- Confess \_\_\_\_\_, don't wallow
- Feed the Spirit, \_\_\_\_\_ the flesh
- Fix your eyes on the \_\_\_\_\_

# Application Questions

James 1:22 says, *"But be doers of the word, and not hearers only, deceiving yourselves."* These questions are designed to help you apply today's message in your life. We encourage you to thoughtfully answer these questions and discuss your answers with others. For more information about joining a Small Group that uses these questions as the basis for discussion, prayer, and accountability, please call the church office at (661) 259-2913.

1. In what areas of your life do you most clearly see the ongoing struggle between your desire to do good and your inability to carry it out? How does acknowledging this struggle affect your dependence on Christ? (Romans 7:18-19)
2. How does the realization that "nothing good dwells in me, that is, in my flesh" challenge the way you approach self-reliance and humility in your spiritual walk? (Romans 7:18a; Philippians 3:7; Romans 12:3)
3. When you experience repeated failure in your battle against sin, do you tend to wallow in guilt or run to God's grace for restoration? What does Scripture encourage you to do? (Romans 7:19; 1 John 1:9)
4. How can you cultivate a greater awareness of the indwelling presence of Christ, especially when the "old nature" seems strong? (Galatians 2:20; 2 Corinthians 4:7)
5. What practical steps can you take to "feed the Spirit and starve the flesh" in your daily life? (Galatians 6:8; Romans 8:13)

6. In what ways does your desire to obey God serve as evidence of your salvation, even when your actions fall short? How does this motivate you to keep pursuing holiness? (Romans 7:18b, 22; Ezekiel 36:26-27; Psalm 40:8)
7. How does remembering that "sin may dwell in you, but Christ defines you" shape your identity and response to temptation? (Romans 7:20; Romans 8:9; 1 John 4:4)
8. How does the hope of final victory over sin at glorification encourage you to persevere in your present struggles? (Romans 8:23; Philippians 1:6)
9. Read the take home questions. Which one encouraged you or challenged you the most? Why? How will you live differently this week based on what you learned from this passage?

*"When we are born of the Spirit, the bondage is broken. We are set free. We experience a liberty that man has not had since the fall, but even with the renewal by which we are dramatically changed inside, that change does not instantaneously eradicate all the impulses of sin. As we have seen repeatedly now, that struggle goes on until heaven. Paul says that although sin still dwells in him, that indwelling sin lacks the same captivating power that it had before his conversion."*

- R.C. Sproul, *Romans: An Expositional Commentary*