



Life Groups Discussion Guide

As the discussion leader, there are a few things to keep in mind for your Life Group:

- Pray for your group discussion time!
- Review your notes from the sermon and familiarize yourself with the discussion questions prior to the meeting.
- Choose a few questions from the guide which you feel will generate the most discussion in your group.

Text: Romans 7:7-13

Getting to Know Me:

- If you could turn the clock backwards or forwards to any period in your life, when would it be and why?
- If you don't have work/school, what is the best thing to do on a nice spring day?
- What was the most significant thing you learned from the message today?

Into the Bible:

1. Read Romans 7:7 and Romans 5:20-21. According to these passages, why was the law given and what is its use? Why do you think Paul felt it necessary to address the notion that people might think the law is sinful or bad? What does the fact that people would rather condemn the law than accept responsibility for sin show us about human nature?
2. In v.8 Paul spoke of sin bringing about death by "seizing an opportunity through the commandment" (ESV). What does he mean that sin seized an opportunity through the commandment? How is sin dead apart from the law?
3. Read Romans 7:10 and Psalm 19:7-11. Paul wrote in Romans 7:10 that the "commandment that promised life proved to be death to me" (ESV). It would seem in reading the promises from the Old Testament that the commandment would bring life to those who followed it. How are we to understand these Scriptures from the Old Testament and the promise they provide in light of this text in Romans 7? Can the law bring life? Explain.
4. This passage is primarily about the law, which is meant to show us the holiness of God. How does coming to know a measure of the holiness of God help us to realize the sinfulness of our own lives? In what way does this bring to light our need for Jesus as our Savior?
5. Read vv.7-13. Is Paul speaking in these verses of an unbeliever's struggle with sin, or is he talking about a believer's struggle with sin? Based on this passage, what is the evidence for your answer?

Application:

1. One of the things Paul alluded to in this passage is sin's ability to take what was meant for life and turn it into death. Have you ever experienced condemnation or guilt even when you were doing the right things? Explain. Why is guilt and condemnation such a lethal attack of the enemy? What are some things a person can do to keep their walk with God from suffering under the condemnation of sin?
2. If we know from Paul's teaching in Romans 7 that through knowledge of the commandments sin "came alive" (v.9 ESV), why is it still important to know and study the commands of Scripture? How can a person who is under the grace of Christ live a life which is filled with spiritual disciplines (i.e., prayer, Bible study, worship, giving, etc.) without allowing sin to distort those good things into condemning things?
3. The commandments of Scripture help us to understand both grace and sin. Why is it critical to know God's holiness and his grace when sharing the gospel with someone? Share a story of how you've witnessed to someone and how you helped them to understand their need for a Savior.
4. As he wrote on the struggle between the law and sin, Paul concluded by stating that "the law is holy, and the commandment is holy and righteous and good" (v.12 ESV). In other words, the law is holy, but it can't make us holy. In what way is this both a comfort and a warning? Is knowing the law cannot save you more comforting or troubling? Why?
5. What is one thing from the message today or this discussion that has really hit home for you? What can you do to apply that truth to your life?