

## Sermon Discussion Guide

### Icebreaker

Have you ever tried to break a bad habit or start a good one and found yourself slipping back into old patterns?

- What made the struggle difficult?
- What helped you eventually move toward change?

### Discussion Questions

1. **The Reality of the Struggle (Romans 7:14–20)**

Paul describes the internal conflict many believers experience: “*I do not do the good I want to do...*”

- Why do you think it’s encouraging that even Paul openly talks about this struggle?
- How have you experienced this tension between wanting to follow God and still battling sin?

2. **The Purpose of the Law (Romans 7:7–13)**

Paul explains that the law reveals sin but cannot cure it.

- Why is it important to understand that rules alone cannot transform the human heart?
- In what ways do people today still try to rely on “law” or personal effort instead of God’s power?

3. **No Condemnation in Christ (Romans 8:1–2)**

One of the most powerful statements in the Bible says there is “**no condemnation for those who are in Christ Jesus.**”

- What does this promise mean for someone who feels trapped by guilt or shame?
- How does being “in Christ” change the way we view our failures and struggles?

4. **Life in the Spirit (Romans 8:5–17)**

Paul says the difference in the Christian life is not effort but **the source of power—the Holy Spirit.**

- What does it look like practically to live according to the Spirit instead of the flesh?
- How does knowing we are adopted as God’s children change our relationship with Him?

### Takeaway

Romans 7 reminds us that the struggle with sin is real, but Romans 8 reminds us that **the struggle is not the end of the story.** The law can reveal our problem, but only the Holy Spirit can empower real transformation.

This week, reflect on this question:

**Am I trying to overcome my struggles through my own effort, or am I learning to rely on the power of the Holy Spirit?**

The gospel doesn’t just forgive our sin—it gives us **new life, new power, and a new identity as children of God.**