

October 26th, 2025

How to Embrace the Process of Transformation
Romans 7

Romans 7 provides us with insight into Paul's deep and humble reflection on the relationship between God's law and his inability to keep it. This shows that while the law itself is holy and good, it exposes the sin that lives within each one of us and offers us the way to freedom.

OUTLINE:

1. Vs. 1-6: _____ from the _____.
2. Vs. 7-13: The relationship between the _____ and _____. (The battle we cannot _____.)
3. The internal struggle between the _____ and the _____. (The battle we cannot _____.)

Big idea: When we _____, the _____ of God comes and does _____ us and _____ us what we _____ do on our own.

TALK IT OVER

Because we believe that the sharing of our ideas and beliefs enhances our spiritual growth in ways teaching alone cannot - we encourage you to join a small group at Sunridge and discuss some of the following questions.

What stood out most from this message, and why?

Paul talks about wanting to do good but doing the opposite. What are some ways you see that same tension in your own walk with God?

What does surrender look like when we realize we can't "fix" ourselves through willful effort or self-discipline alone?

How do you know when you're relying on your own strength instead of the Holy Spirit?

Paul cries out, "*Who will rescue me!?!?*" How does that question invite us into dependence and humility before God?

What helps you move from frustration with your failures to freedom in surrendering to Christ?

Surrender isn't defeat—it's the doorway to empowering grace and freedom.



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OUTLINE:

1. Vs. 1-6: Released from the Law.
2. Vs. 7-13: The relationship between the Law and Sin. (The battle we cannot win.)
3. The internal struggle between the Law and the Flesh. (The battle we cannot lose.)

Big idea: When we surrender, the grace of God comes and does in us and THROUGH us what we could never do on our own.

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