



OPENING QUESTION

Think back to when you were a kid. See if you can come up with at least 2 different times where, afterwards, you wondered “Why did I do that?”

READ TOGETHER

Romans 7:15-20.

BIG IDEA

We are in a constant battle while we walk this earth; we need help from the Holy Spirit to get through it.

DISCUSSION QUESTIONS

- 1) Read Romans 7:24. When Paul said “miserable person” he meant that he felt “utter exhaustion” over his current condition. How hard did it seem for Paul to battle his sinful nature? In your words, describe how it feels when you are completely frustrated with yourself.
- 2) Now read Romans 8:1-2. In introducing the solution to the battle described in chapter 7, identify who he describes as the solution. What tense (past, present, or future) does he use to describe the solution?
- 3) Talk about what it means to be assured of your freedom. Can you think of a personal experience that relates to that freedom? What did/does it feel like?
- 4) Read verses 5-6. How important does Paul seem to indicate the “mind” is when it comes to dealing with the dilemma of sin?
- 5) What kinds of things hold us back from experiencing a life that leads to “life and peace?”
- 6) Where does this peace truly come from?
- 7) Describe the relationship between peace with God and freedom from sin? Can you think of any examples?
- 8) Read Colossians 3:1-4. What are some practical implications for Christians surrounding what Paul says in verse 4 that “Christ who IS your life appears...”?

CHALLENGE

What are some tangible things you can do this week to renew your mind (Romans 12:2) by letting the Spirit lead in the everyday details of life?

PRAYER

Ask God for insight into ways we are not letting the Spirit be our guide in the everyday matters of life. Ask Him for help **by** and **through** His Spirit.

NEXT STEP

Read through Galatians (focus in on 2:20–3:5), and see what Paul told that group of people as they wrestled through their freedom in Jesus. Meditate on the truth of Galatians 2:20.