

The War Within Us
Romans 7:13-25

Getting Started

- ❖ Paul describes what it is like to sin by saying, “For I do not understand my own actions” (Rom. 7:15). Have you ever sinned in a way, and then thought to yourself something like, “What was I thinking?” Share a time when you have experienced that.
- ❖ **Opening Prayer Time:** How does the reality of Paul’s Christian life encourage you in your own life? Share with one another an area of life where you need encouragement, and pray for each other in these areas.

Digging Deeper

- ❖ **Reread and discuss Romans 7:13-25.**
 - What is the proper Scriptural tension of both our responsibility for our sinful actions, on the one hand, and the reality of another force inside us pushing us toward sin, on the other?
 - How do we hold this tension when we are repenting? How do we hold this tension when we are fighting sin?
 - Paul mentions that our bodies (24) play a role in our inclinations toward sin.
 - Is that a new concept for you? What is it about your personal history that makes that concept something you are open to, or maybe not so open to?
 - In what way can people misunderstand this verse and develop an unbiblical view of their body?
 - Our sin nature uses our body to fulfill its desires. What are some examples of how our sin nature uses our body as a conduit to sin?
 - How have you experienced physical factors playing a role in temptation that you experience – whether fatigue, depression, hunger, thirst, brain chemistry, or other aspects of physical human existence?
 - Since our bodies play a role in our temptation, in what ways might you take better care of your physical body as a habit of spiritual warfare against sin?
- ❖ **Applying this Passage to Our Lives**
 - Everyone has a different battle
 - What battle are you fighting these days? Is there a pattern of when that battle happens (time of day, certain place, type of person, your physical condition, etc.)?
 - In what ways do you desire to obey? In what ways do you find indwelling sin to be a powerful force?
 - How will you continue to fight this battle? Who do you need by your side in this battle?
 - Do not go back to the Law as savior
 - What rules might you be tempted to rely on in order to fight against sin?
 - How can you add gospel-promises to those rules so that you are motivated by God’s goodness, rather than your attempts toward goodness? Do these promises relate to the work of Christ (life, death, resurrection)?

(Over)

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Think About It!

Paul learned that sin is not only doing something wrong, it is also trying to do something right in our own strength... Occupation with Christ, allowing Christ to live his life through us by the Holy Spirit is the key to the Christian walk. Christianity is not just trying to live a life like Christ, nor is it just trying to be Christlike, nor is it simply Christ giving us the power to live a life like his. Christianity is Christ dwelling in the Christian, living his own life through the Christian. "When Christ, who is our life, shall appear, then shall ye also appear with him in glory" ([Col 3:4](#)). (Dr. Jack Arnold)

Praying Together

At the beginning of this new year, answer the following and pray for one another. "This year I'd like to see God do _____ in my life/family."

(Note: In this year's study of Romans, our study questions are being inspired by or derived from books, commentaries and bible studies authored by: Pastors Matt Smith, Max Lucado, John MacArthur, R.C. Sproul, Jack Hayford and Tim Keller.)

WORSHIP RESOURCE

January 5, 2020 | Second Sunday after Christmas

WORSHIP SONGS

LAY ME DOWN

Words and Music by Chris Tomlin, Jason Ingram, Jonas Myrin, and Matt Redman, 2012

With this heart open wide from the depths from the heights
I will bring a sacrifice. With these hands lifted high hear my song
hear my cry. I will bring a sacrifice; I will bring a sacrifice.

*I lay down me down I'm not my own, I belong to you alone.
Lay me down Lay me down. Oh, hand on my heart this much is true,
there's no life apart from You. Lay me down Lay me down.*

Letting go of my pride giving up all my rights
Take this life and let it shine Take this life and let it shine

It will be my joy to say Your will Your way (2x)
It will be my joy to say Your will Your way always.

COME AND SEE HIM

Words and Music by Paxson Jeancake, 2019

*Come, come and see what God has done; fix your eyes
upon the Son. Come and see Him, come and see Him.
Come, come and see what He can do;
He is making all things new. He's the Healer, our Redeemer.*

The Eternal One stepped into time, took on flesh and bone,
though still divine. Laid His life upon the cross; bore our sin and
shame and suffered loss. By His wounds we all are healed;
by His blood we see his love revealed.

Death can't hold Him in the grave; rose to life again on the third day.
Ascended to the Father's side; sent the Spirit, with us, to abide. Til
we hear that trumpet sound, we will live by faith and praise Him now.

CHRIST IS MINE FOREVERMORE

Words and Music by Jonny Robinson and Rich Thompson, 2016

Mine are days that God has numbered; I was made to walk with Him.
Yet, I look for worldly treasure and forsake the King of kings.
But mine is hope in my Redeemer; though I fall, His love is sure.
For Christ has paid for every failing; I am His forevermore.

Mine are tears in times of sorrow, darkness not yet understood.
Through the valley I must travel where I see no earthly good. Mine
is peace that flows from heaven, and the strength in times of need.
I know my pain will not be wasted; Christ completes His work in me.

Mine are days here as a stranger, pilgrim on a narrow way. One with
Christ I will encounter harem and hatred for His name. But mine is
armor for this battle, strong enough to last the war. And He has said
He will deliver safely to the golden shore.

And mine are keys to Zion city where beside the King I walk. For
there my heart has found its treasure; Christ is mine forevermore.
Come rejoice now, O my soul, for His love is my reward.
Fear is one and hope is sure; Christ is mine forevermore.

LORD I NEED YOU

Words and Music by Jesse Reeves, Kristian Stanfill, Matt Maher, Christy Nockels, and Daniel Carson, 2011

Lord, I come; I confess. Bowing here, I find my rest.
And without you, I fall apart.
You're the one that guides my heart.

*Lord I need you, oh I need you.
Every hour I need you.
My one defense, my righteousness;
oh God, how I need you.*

Where sin runs deep, your grace is more.
Where grace is found is where you are.
Where you are, Lord, I am free. Holiness is Christ in me.

So teach my song to rise to you
when temptation comes my way.
And when I cannot stand I'll fall on you.
Jesus, you're my hope and stay.

DAILY READINGS | BOOK OF COMMON WORSHIP

SUNDAY | Ps. 99; 1 Kings 3:5-14; Colossians 3:12-17; John 6:41-47
MONDAY | Ps. 72; Isaiah 49:1-7; Revelation 21:22-27; Matt. 12:14-21
TUESDAY | Ps. 46; Deut. 8:1-3; Colossians 1:1-14; John 6:30-51
WEDNESDAY | Ps. 27; Exodus 17:1-7; Col. 1:15-23; John 7:37-52
THURSDAY | Ps. 93; Isaiah 45:14-19; Col. 1:24-2:7; John 8:12-19
FRIDAY | Ps. 47; Jeremiah 23:1-8; Col. 2:8-23; John 10:7-17
SATURDAY | Ps. 114; Isaiah 55:3-9; Col. 3:1-17; John 14:6-14

PRAYER OF RENEWAL

Gracious God,
you have redeemed us through Jesus Christ,
the first-born of all creation,
whose birth we celebrate as the child of Bethlehem.
Bless us with every spiritual blessing,
that we may live as your adopted children
and witness to your glory
with unending praise and thanksgiving. Amen.



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