

1. Saying no to a piece of pie we don't need *seems* so simple but is easier said than done. Why is it often such a struggle to do what we know we should do?

Read Romans 7:7 – 25.

2. What good purpose does the law fulfil (v7)? How did the law create in Paul a vivid awareness of sin?
3. Explain the meaning of the statement “Apart from the law, sin is dead”. Does the law indeed create sin? Where does the problem lie? Illustrate from your own life how a prohibition aroused your desire for a forbidden act or thing.
4. What conclusions (v12) does Paul make about the law?
5. Why would it be wrong to blame the law for Paul's spiritual death (v13-14)?
6. According to v14-20, why does Paul feel so wretched?
7. Paul compares his struggle with sin to a war, with sin as the aggressor (v23). Describe the nature and outcome of this war (v21-23)?
8. How can a person's anguish and frustration with sin be beneficial (v24-25)? Why is it important to realise that only Christ can rescue us from the power of sin?

Read Romans 8:1 – 17.

9. Romans 7 described how the law of sin brought about our spiritual death. What has God done to free us from the law of sin and death (v1-4)?
  
10. How does this affect the outcome of our struggle with sin described in 7:13-25?
  
11. In v5-8 Paul divides all of humanity into two categories: those who live according to the sinful nature and those who live according to the Spirit. In your own words, what are some of the characteristics of each group? According to v9, how do we know what category we are in?
  
12. What evidence do you see of your life being controlled by the Spirit? What are the results of having the Spirit live in us (v10-11)?
  
13. In v12 Paul concludes that we have an obligation. Describe in your own words the negative and positive aspects of that obligation (v12-14).
  
14. Paul states that “if you live according to the sinful nature, you will die” (v13). How can this be reconciled with his teaching on justification by faith?
  
15. Practically speaking, what does it mean to put to death the misdeeds of the body by the Spirit (v13-14)?
  
16. How do we experience the reality and privileges of being God’s children (v15-17)?