

Romans
Flesh vs Spirit- Week #3
Small Group Notes
February 20 and 23

Main Point: God gives us freedom from sin and helps us to live out our faith every day when we learn to worship Jesus.

Introduction:

When is the last time that you heard or used the statement, “taking one step forward and then two steps back?” What was it in relation to? What does that statement mean in our culture today?

Often times when it comes to growing in our relationship with Christ, it can feel like we do the same thing when we take a step forward and then sin or a trial makes us feel like we are taking two steps backwards in our walk with Christ. The reality is that even though we are made brand new in Christ, we still wrestle and battle with sin which means that following Christ becomes a lifelong pursuit.

Discuss:

1. Read Romans 7:7-10

- Points about the flesh:
 - The flesh is all my internal beliefs and behaviors apart from Christ.
 - The flesh is my old patterns of beliefs and behaviors
 - The flesh is an operating system devoid of Christ

Explain: The law tells us not only how we are to relate to God and reveals sin in our lives, but it also shows us the demands of holiness, which no one can measure up to. But what the law demanded was completed in Christ Jesus, so that we are released from keeping the law for salvation. Therefore, we live, not by the letter of the law (though its principles continue to guide us in holiness) but now we live in the grace of God through Christ.

From what you have heard about the flesh, what are some ways that you have allowed old beliefs or behaviors to rule your life? What had to occur in order to break those old patterns?

Read verse 7. From what you have heard and read, what is the purpose of the law?

How have you seen the law act as a way to reveal sin in your life?

When has there been times you tried to measure up (try to work for your salvation) on your own apart from Jesus?

2. Read Romans 7:14-25

Battle Plan for the Fight Against the Flesh:

- Recognize we are in an ongoing battle with our flesh (Read Galatians 5:17)
 - o Our greatest problems aren't external but internal
- Recognize our flesh is defeated but still defiant (Read Romans 7:6)
- Resist the pull and purpose from our flesh (Read Romans 13:14)
- Knowing we have ultimate victory changes our outlook in the fight
- Collapse in worship (verses 24-25)

Explain: Paul teaches us that apart from Christ and the indwelling power of the Holy Spirit, we will never do anything good. The law's demand for not loving God is to be separated from God, and the law's demand for sinning is death. Christ came to set us free from our rebellion that was killing us. By dying for us sinners, Jesus showed us the love of God for us. This is how Jesus sets us free from the law of sin.

How do you relate to Paul's statements made in verses 15-17? When have you noticed that you have been tempted to do the things that you know you shouldn't do? Read James 1:13-18 to see how God wants us to understand temptation.

When you look over the battle plan, what is an area that you struggle with currently? What can be "pockets of resistance" or "landmines" in your life that you see the flesh is trying to bind you in? How is it that Jesus sets us free from being a prisoner to the law of sin?

Do:

What things might you do this week to demonstrate that you are a person set free by Jesus?

How can you as a group turn your focus from the sin in your life to the Savior? What are some steps of accountability that you can do to help?