

Romans 7:1-25

Lesson Nine

*“Forbid it Lord, that I should boast,
Save in the death of Christ, my God;
All the vain things that charm me most,
I sacrifice them to His blood.
Were the whole realms of Nature mine,
That were an offering far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.”* Isaac Watts

DAY ONE: Romans 7:1-25

1. Begin your study today by spending some time in prayer. **Romans 7** is prone to misunderstanding and misapplication. We need the Holy Spirit to guide us through His Word, exercising much prayer throughout the study each day! And remember the context and purpose in which Paul is writing.

“Many students cannot understand why Paul deals with victory in Chapter 6 and then moves on to defeat in Chapter 7. They feel that he should move immediately from the victory of Chapter 6 to the great blessings of Chapter 8, but the inspired writer knew better. Chapter 7 deals with a vital issue of Christian living; a believer’s relationship with God’s law.”

Warren Wiersbe

2. Read **Romans 7:1-25**. Make note of key words or phrases and list them in the chart below, titling each segment and then title Romans 7.

Vs	Romans 7:1-6	Vs	Romans 7:7-25
Segment Title:		Segment Title:	
Chapter Title:			

3. **Romans 7:1** begins with the word “or” which connects with **Romans 6:14**, “*For sin shall not have dominion over you, for you are not under law but under grace.*” What does this mean to you?
4. What do you think was Paul’s purpose in writing **Romans 7**?
5. If we are crucified with Christ what does **Romans 7:1** say no longer has dominion over us?
6. What does Paul use as a metaphor about the law in **Romans 7:2-3**?
 - a. What is the point he is trying to make?
 - b. Summarize in your own words what Paul is saying in **Romans 7:4**:
7. In the chart below, list all the fruit of our works according to **Galatians 5:18-26** categorized as the flesh versus the Spirit.

Fruit of the Flesh / Result	Fruit of the Spirit

8. Look up **Galatians 5:16**. What are we commanded to do?
 - a. What will happen if we heed to this command?

DAY TWO: Romans 7:5-9

1. According to Romans 7:5 how are sinful passions aroused by the law?
 - a. What is the result when we give into our flesh?

2. Look up the following words from **Romans 7:6** and record your findings. Make sure you use your study tools!
 - a. ***We are Delivered:***
 - b. ***Held:***
 - c. ***Newness:***

3. Only when we **walk** in the newness of life (in the Spirit) can we then **serve** in the newness of Spirit. Look up **Hebrews 12:28** and note the only way we can serve God acceptably.

4. Commit **Romans 7:6** to memory this week. Fill in the missing blanks; then write the verse out from memory if you can.

“But now we have been _____ from the law, having _____ to what we were held by, so that we should _____ in the newness of the Spirit and not in the _____ of the letter.” Romans 7:6

5. Before we can discover the key to Christian living, Paul continues to take us down the dark path of vanity, flesh, and dependency on the Law. If we desire to be delivered from the Law, Paul asks the question, is the Law sin? Answer from **Romans 7:7**:
 - a. What is the definition of the Law from **Romans 7:7**:
 - b. As a way of review, look up **Galatians 3:24** and record what it says:

6. Look up the following verses and think about what they say! Choose one to write out and share why it ministered to your heart.
 - a. **Leviticus 18:1-4:**
 - b. **Deuteronomy 10:12-13:**
 - c. **Psalm 1:1-3:**

7. How does the Living Bible translation of **Romans 7:8-9** help you understand this passage?

“But sin used this law against evil desires by reminding me that such desires are wrong, and arousing all kinds of forbidden desires within me! Only if there were no laws to break would there be no sinning. That is why I felt fine so long as I did not understand what the law really demanded. But when I learned the truth, I realized that I had broken the law and was a sinner, doomed to die.” TLB

Challenge: Reread **Romans 1:16-20**. Paul writes that God is evident in nature, and man is without excuse. Why is the Law even necessary, then?

*“Legalism does not make us more spiritual, it makes us more sinful.
Why? Because the law arouses sin in our nature” Warren Wiersbe*

DAY THREE: Romans 7:10-14

1. In **Romans 7** the words “I,” “me,” “my” or “myself” are used 52 times! It is important to know that when Paul is speaking this way, it is with regard to his old sinful nature. What is true about the human nature according to **Romans 7:14**?

2. What does **1 Corinthians 3:1-4** say about this trait?

3. How did Paul describe the believers at Corinth from **1 Corinthians 3:1-4**.
 - a. **Verse 1:**

 - b. **Verse 2:**

 - c. **Verse 3:**

 - d. **Verse 4:**

4. I think you will find it interesting to look up the definition for the words in **1 Corinthians 3:1-3** that pertains to the word *carnal*. Use your study tools and write the definitions here: *(The numbers next to each word are the “Strong’s Numbers” for reference).*
 - a. **Verse 1 – Carnal (4560):**

 - b. **Verse 3 – Carnal (4559):**

 - c. **Verse 3 – Mere Man (444):**
 - 1) Simply stated, to be *carnal*, indicates that Jesus is not Lord of the believer’s life, but that self-will rules and reigns. Although the Spirit indwells the believer, the flesh masters him. Read about the *carnal* man in the ***Human Life on Three Planes*** for further insight:

“HUMAN LIFE ON THREE PLANES”

The Bible is a mirror in which man may see himself just as he is. Any person who wishes a true picture of himself will find it there. The Bible is God’s studio in which will be found the picture of each of His created beings. Your photograph is there. The Divine Photographer has taken it; therefore it is flawlessly accurate. Do you wish to see your photograph?

The Holy Spirit through the Apostle Paul has divided the human race into three clearly distinguished groups. God's description of each is so accurate and so true that every person may know in which class he is.

This classification presents a study of human life on three planes; the lowest, the middle and the highest plane: or the natural man, the carnal man and the spiritual man.

The Natural Man

The natural man is without the Lord Jesus Christ as his Savior, therefore he lives wholly and only unto himself. 'The old man' is the center of his life and has undivided control over his whole being. Self dominates his thoughts, affections, speech, will and actions. His nature is sinful, therefore his conduct is sinful.

The natural man is dead to God but alive to sin, self and Satan. He is under the dominion of the 'prince of the power of the air,' and is the bondservant of sin. He is a lost man, helpless and hopeless. The tragic part of it is that the 'god of this age' has so blinded his mind that he does not comprehend the seriousness of his condition and consequently he has no power within himself to know God, to love God, to receive God, nor even to seek God. Surely this brief sketch of the natural man reveals life lived on the lowest plane.

The Carnal Man

The 'carnal man' is a Christian because he has obtained sonship through faith in Jesus Christ as his Savior. Therefore he is rightly related to God. But he has entered into neither the possessions nor the privileges of a son and his practices are not those becoming his position in the family of God.

The carnal man has the Holy Spirit dwelling in him but He is constantly being grieved and quenched so that He has restricted power in and dominion over the life.

The carnal man has been renewed through the new birth but he is still a 'babe in Christ.' He sits at the table of the Lord to partake of His bounties but he has neither appetite nor capacity for 'strong meat.' He subsists on 'milk.' He is not a full-grown man. He actually has been united to the Lord Jesus but he is an 'adulterer' loving the world and caring far more for its people and pleasures than for Jesus Christ. (James 4:4).

The carnal man has accepted Christ as his Savior but he has little or no apprehension of a life of complete surrender to Jesus Christ as his Lord and his Life. He feels a need of Christ and desires some relationship with Him but he is not satisfied in Him. Christ has a place in his heart but not the place of supremacy and preeminence.

The carnal man lives his life partly unto God and partly unto himself. The Lord Jesus is really at the center of his life but the 'old man' is usually on the throne. There is a divided control over his life. Sometimes Christ dominates his thoughts, affections, speech, will and action but more often they are under the dominion of self. Two natures are side by side in the carnal man, the divine and the fleshly, and he is under the sway of each in turn according as he yields to one or to the other. He is alive to God spasmodically but he is equally alive to sin, self and Satan. He attempts to live in two spheres, the heavenly and the earthly – and he fails in both.

The carnal man is in a miserable condition and his life is always one of defeat and discouragement, often one of despair. This condition is due to ignorance of the deep things of God, unwillingness to yield himself unreservedly to the Lord Jesus Christ, and unbelief in appropriating Christ with all His graces.

The Spiritual Man

The 'spiritual man' having taken the crucified, risen, glorified Christ as Savior, Lord and Life, lives his life wholly unto God. The Lord Jesus is the center of his life and has undivided control over his whole being. Jesus Christ dominates his thoughts, affections, speech, will and actions. He has become a partaker of the nature of God so that there are two natures in the spiritual man but the divine nature is sovereign.

The Spiritual man is habitually alive to God and dead to sin and self. He is a bondservant to God and gladly, joyously, acknowledges and submits to the sovereign Lordship of Jesus.

Jesus Christ is intensely real and precious to the spiritual man, and he considers, loves, serves, adores and worships Him. This condition is not due to anything in himself. But is true because of his yielding himself unreservedly to the influence and operation of the Holy Spirit, through whom he has been enabled to see, to receive, to love and to know Christ Jesus as his Savior and through whom he is filled with His life. Surely this brief sketch of the spiritual man reveals life lived on the highest plane!

Taken from: "Human Life on Three Planes" adapted from Ruth Paxson.

DAY FOUR: Romans 7:15-22

1. What is the single major difference between the *carnal* and the *spiritual* Christian?

2. Why should we choose to live on the highest plane?

a. **Romans 8:29:**

b. **Ephesians 1:12:**

c. **Revelation 4:11:**

Challenge: Read **Revelation 4** and **Isaiah 6:1-8**.

a. What did John and Isaiah see in heaven?

b. Who was there and what were they doing?

c. Make a chart and list the descriptions of those in heaven on a separate sheet of paper.

d. How does this apply to you and I as believers in Christ?

3. What do the following verses further teach about the *flesh* or the *carnal* walk?

a. **Romans 8:7-8:**

b. **Romans 13:14b:**

c. **2 Corinthians 7:1:**

4. We are all confronted with the question: ***“Is Jesus Lord of My Life?”*** What fresh insights has God shown you regarding where you stand?

5. According to **Romans 7:18**, what stands in the way of a believer keeping the law when the believer tries to do it in his/her own strength?

6. In **Romans 7:19-21** what was present in Paul even when he ***“willed”*** to do good?

7. What did Paul say that he found delight in, according to **Romans 7:22**?

- a. Do you find yourself delighting in the same thing today, or has it been a burden to finish your study?
- b. Read **Jeremiah 17:7-8** below, and highlight the blessing when we delight in the Lord!

***"Blessed is the man who trusts in the LORD, and whose hope is the LORD.
For he shall be like a tree planted by the waters, which spreads out its roots by the river,
and will not fear when heat comes; but its leaf will be green,
and will not be anxious in the year of drought, nor will cease from yielding fruit.***

Jeremiah 17:7-8

DAY FIVE: Romans 7:23-25

1. What did Paul describe in **Romans 7:23**?
 - a. Look up **Ephesians 6:12** and write it here:
2. Where does **Romans 7:23** say the battle takes place?
 - a. **2 Corinthians 11:3**:
 - b. **1 John 2:16**:
3. What remedy does the Bible give for this problem we all have?
 - a. **Romans 12:2**:
 - b. **Ephesians 5:26**:
 - c. **John 15:3**:
4. How does Satan attack our flesh nature?
 - a. **John 8:44**:
 - b. **Revelation 12:9**:
 - c. **1 Timothy 4:1-3**:
 - d. **2 Corinthians 11:13-15**:

- e. **James 1:13-16:**
5. What simple instruction does **James 4:7** give us as believers?
- -
 - What will be the result of these two instructions?
6. Do you feel like Paul when he said in **Romans 7:24**, *“O wretched man that I am”*?
- Can you think of any other person in the Bible that felt the same way Paul did as expressed here? Give Scripture references.
 - Aren't you glad **Romans 7:25a** follows?

“I thank God-- through Jesus Christ our Lord! “
 - Allow **Romans 7:25b** to encourage you. There is no believer who is exempt from this verse. It has been said that *“the ground at the foot of the cross is level!”*
7. What has God shown you this week in your study that you did not realize before you began?
8. Is there a warning that was revealed and needs to be heeded in your life? If so, take it to the Lord in prayer now! And then *“thank God-- through Jesus Christ our Lord”!* For He is faithful! To help encourage you, look up **Philippians 2:13**.

Romans 6 shows that we are dead to sin and it's power over us, Romans 7 shows that we are dead to the law and it's authority over us...Now, in Romans 8 we are ready to look at the Holy Spirit's work in our lives! Oh how we need to rely on the finished work of Jesus for everything in our lives!

*“Lord, look upon my need; I need You, I need You.
Lord, have mercy now on me; forgive me, Oh Lord forgive me, and I will be clean!”*

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