



**Begin**: take this time to hear how everyone is doing, and get settled in.

- What is something to celebrate this week?
- **IceBreaker**: When you jump into spring cleaning, how do you begin the cleaning process?
  - How do we attempt to clean up lives as Christians?

**Listen**: This is for reflection on Sunday's Sermon and thoughts from the message.

- What stood out to you about this week's message?
- Is there anything you still are thinking about or have questions about?

**Discover**: Take time to dig deeper into the passage/topic for this week.

- Read: Romans 7:1-25
- What illustration does Paul use in verses 1-3? What is the main point of the illustration?
- How is it different in verse 4?
- How did our law 'husband' affect us? Why was it necessary that this 'marriage' be ended? Vs 5
- How is our new 'marriage' different? Vs 6
- How does Paul picture himself, sin, and law in the story he tells about his non-Christian past in vs 7b-11?
  - How does this help us understand the effect of law on an unbeliever?
- In Verses 14-25 he moves from the past tense into the present. What positive things does he say about himself as a Christian?

**Apply:** Take time to apply these Biblical Truths to your life.

- Think of examples in your own experience of how the law of God exposes sin in our lives.
  - What does it feel like to be a Christian with the heart desire to do the will of God?
    - Compare our experiences before and after we became Christians.
  - Have you ever been discouraged by sin and failure in your own life? How does this chapter encourage you to respond?
  - Have you ever felt that we need both grace & a few external rules to help us live the Christian life?
    - How does this chapter help?
  - **MY ONE THING** — What is your 1 take-a-way from this study and How will it impact your upcoming week?
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**Pray:** Feel free to pray in a way that best fits your group. Take time each week to pray with and for each other.

**Notes:** Space for you notes from your time together. Memory verse at the bottom for your week.

WRETCHED MAN THAT I AM! WHO WILL DELIVER ME FROM THIS BODY OF DEATH?  
THANKS BE TO GOD THROUGH JESUS CHRIST OUR LORD! SO THEN, I MYSELF SERVE THE  
LAW OF GOD WITH MY MIND, BUT WITH MY FLESH I SERVE THE LAW OF SIN.  
ROMANS 7:24-25