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GRACE  
CHANGES EVERYTHING



WEEK 2 | The Struggle is Real

## PRAYER

Heavenly Father, thank you for the wonderful truths that are contained in your Word. Thank you that although there is nothing that I can do to gain your approval, I am accepted in the Beloved. Thank you that my salvation was completed by Christ who died for me, rose again to pay the penalty for my sin, and broke the power of sin in my life. I pray that I may live to your praise and glory until I can say, "It is not I that lives, but Christ who lives in me." Thank you Father, in Jesus' name I pray, Amen.

From [Prayer Knowing Jesus](#)

## WARM UP

(OPTIONAL)

What is something you believed to be true as a young child, but was proven not to be true later in your life?

## NOTES

## WORD

<sup>13</sup> Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure. <sup>14</sup> For we know that the law is spiritual, but I am of the flesh, sold under sin. <sup>15</sup> For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree with the law, that it is good. <sup>17</sup> So now it is no longer I who do it, but sin that dwells within me. <sup>18</sup> For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I keep on doing. <sup>20</sup> Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

<sup>21</sup> So I find it to be a law that when I want to do right, evil lies close at hand. <sup>22</sup> For I delight in the law of God, in my inner being, <sup>23</sup> but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will deliver me from this body of death? <sup>25</sup> 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 7:13-25](#)

<sup>1</sup> There is therefore now no condemnation for those who are in Christ Jesus. <sup>2</sup> For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. <sup>3</sup> For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, <sup>4</sup> in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

### [ROMANS 8:1-4](#)

**We are in a struggle between flesh and spirit. The temptation can be to give up amidst the struggle. Like a lifeguard awaiting the signal of a surrendered hand from someone who may have stopped trying to rescue themselves, it's only then that God helps us when we, too, stop our self-salvation projects and surrender our lives to the one who can rescue us and set us free.**

Skip Heitzig highlights the four aspects of our struggles in the flesh:

- Romans 7:13 - I struggle because of what I know (we cannot obey commandments that we don't know)
- Romans 7:14 - I also struggle because of who I am (our fleshly desires)
- Romans 7:15-24 - I struggle because of what I've experienced
- Romans 7:24 - 8:4 - I struggle because of what is possible

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. How would you describe the "good life"? What does it look like? Do you think you're on the path to live life in accordance with your description?
2. After describing the "good life", would you say that the life you are seeking to live is one that God designed and the Holy Spirit is guiding you in? Why or why not?
3. On a scale from 1-10, how would you rate your ability to resist falling into old patterns that you've been trapped in before? Why have you rated yourself this way?
4. Do you have struggles that inhibit or restrict you from living the life that God has for you?
5. In Romans 8:4, Paul talks about how the righteous requirement of the law can only be fulfilled in us as we walk in the Spirit and not in accordance with the flesh. What are practical ways that you can walk in the Spirit, and are you engaging in these ways on a daily basis?
6. Would you like to trust God with your life, and receive the gift of God's grace, and enter into a saving relationship with God through Jesus? Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

*Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to come into my heart and life. I want to trust and follow you as my Lord and Saviour. In Jesus' name, Amen.*

## PRAYER