

ROMANS

THE GRACE OF GOD: A JOURNEY OF DISCOVERY IN THE BOOK OF ROMANS

Struggling With Sin

• Romans 7 : 7 - 25 •

Week 13

DEVOTION

As drivers, many of us diligently follow traffic rules. Yet, in moments of urgency, we might make an illegal U-turn or park where it is not allowed. Though we know such actions are wrong and feel the weight of guilt, we sometimes break the law. This experience parallels our spiritual journey, where we strive to live according to God's will but often fall short.

Paul's words in Romans 7:7-25 resonate deeply with this struggle. They reveal profound truths about the law, sin, and the hope we have in Christ. The purpose of the law is not condemnation. Instead, it reveals our need for a Savior. As James explains, the Word of God is like a mirror that shows us our flaws and calls us to action: "Do not merely listen to the word... Do what it says" (James 1:22-25).

Sin is deceitful, using the law to incite rebellion in our hearts (v. 9-11). What was meant to bring life instead highlights our spiritual death. This is not because the law is flawed—it is holy, righteous, and good (v. 12). Rather, it is sin within us that brings about this death when exposed by the law.

Even after receiving the Holy Spirit, we experience an internal struggle. Though we delight in God's law and long to do good, our flesh remains weak (v. 14-18). We find ourselves doing the very things we hate and failing to carry out the good we desire. This war between the spirit and the flesh is a reality for every believer.

Paul's cry, "What a wretched man I am! Who will rescue me from this body that is subject to death?" (v. 24) echoes the desperation many of us feel. Yet, his answer points us to hope: "Thanks be to God, who delivers me through Jesus Christ our Lord!" (v. 25). Christ's sacrifice secures our victory over sin and death, empowering us to serve God with our hearts even as we contend with the weaknesses of our flesh.

The struggle with sin is real, but the victory in Christ is assured. This truth liberates us from the weight of guilt and empowers us to live by the Spirit, not the flesh. How wonderful is that as followers of Christ!

Monday

The Law Reveals Our Sinful Nature

Read Galatians 3:24 - 27 and Romans 3:20

The law is a mirror that reflects our true condition. It teaches us right from wrong, exposing the sin within us (v. 7-8). Without it, we might remain unaware of how far we fall short of God's holiness. The law's purpose is not to condemn but to reveal our need for a Savior.

1. Was there a time in your life when the law acted as a guardian in your spiritual journey? How has that changed since knowing Christ?
2. Does recognizing your sinful nature draw you closer to Christ or does guilt keep you away from Him? How does reading the verses highlighted here from Galatians encourage you?
3. How has the law revealed areas in your life that need transformation? Please share your personal experience(s) if comfortable.

Tuesday

The Deception and Power of Sin

Read James 1:14-15 and Hebrews 3:12-13

In the story of Cain, God warned him about sin's deceitful nature: "Sin is crouching at your door; it desires to have you, but you must rule over it" (Genesis 4:7).

1. How has sin deceived you in the past, and what helped you overcome it?
2. Why is it important to acknowledge the holiness of God's law even as it exposes sin?

Wednesday

The War Within

Read Galatians 5:16-17 and John 15:5

Our battle between the knowledge of God's law and our sinful flesh is real. They conflict with each other all the time. Yet we must look to Christ and the Holy Spirit helps us to abstain from gratifying the desires of our flesh

1. In what ways have you experienced the inner struggle between doing good and falling into sin? Why was it so hard?
2. What steps have you taken personally to strengthen your spirit in the battle against your flesh?
3. How does the Holy Spirit equip you each day / every moment of your life, to persevere in this ongoing struggle?

Thursday

The Source of Victory

Read 2 Corinthians 12:9 and Isaiah 59:1

We should rejoice that Christ's sacrifice has secured victory over sin and death. Through Him, we are empowered to serve God wholeheartedly, even as we contend with the weaknesses of our flesh.

1. How does the provision of Christ's grace give you confidence amid your struggles dealing with your fleshly desires?
2. Do you tend to rely on self control, fleshly discipline to resist temptation only to fall deeper into your sinful actions? In what ways can you rely fully on God's power rather than your own will power?

Friday

Freedom in Christ

Read Romans 8:1-2 and John 8:36

Paul reminds us of the freedom we have in Jesus assured for everyone who believes in Him. In Psalm 32 :1 David describes the joy and relief he felt when God forgave his sin.

1. How does the promise of no condemnation in Christ impact your daily walk of faith? Does it put a skip in your daily walk, or do you feel unworthy to receive it as your flesh betrays you each day?
2. What can you do to more fully embrace the freedom found in Jesus Christ and claim victory over your fleshly desires?

Closing Prayer: Heavenly Father, thank You for the law that shows us our need for Your grace. We confess our struggles with sin and our inability to overcome it on our own. Thank you for the victory we have in Jesus Christ. Help us to rely on Your Spirit daily and to walk in obedience despite our weaknesses. Strengthen us in the battle and remind us of Your unchanging love. In Jesus' name, Amen.