



I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. *Romans 7:22-23*



When you think of "*trying harder*" what comes to mind? (gym, dieting, resolutions, assembling furniture without instructions...)

Read Romans 7:14-25

1. How would you summarise the struggle Paul constantly faces?
 - Are there particular phrases or terms that stand out for you? Why?
 - Why is it encouraging for us to hear Paul openly describing his struggles?
2. In reading James 1:22-25 how does James' description of the law reinforce Paul's point that seeing the problem is not the same as fixing it?
 - Why do you think people naturally try to "keep rules" when they want to change spiritually?
3. What is the warning in Galatians 3:3?
 - What are some ways a Christian may appear spiritually strong, while still being unchanged inwardly?

4. What is the ongoing battle inside a believer indicate in Romans 7:21-23?
 - We heard that *“Struggle is not a sign of failure – it’s a sign of life.”* How do you reconcile that with our understanding of those who we perceive as spiritually mature?

 5. Read Galatians 5:16-17 how does this passage explain why the Christian life often feels like constant conflict rather than victory?
 - In the midst of this “struggle” are you encouraged, ashamed or discouraged?
 - If this is common to all Christians, why do you think most of us beat ourselves up about it, or pretend we are fine?
 - Would the Church benefit if we all brought our struggles into the open? How?

 6. In Romans 7:24-25 Paul asks *“who will rescue me?”* rather than *“what can I do?”* Why is this difference important?
 - How does Ephesians 2:8-9 reinforce the idea that the Christian life is received – not achieved?
 - How do you understand 2 Corinthians 12:8-10 – does weakness disqualify us from spiritual growth?
 - What might change in your life if success were defined as dependence on God rather than a perfect performance?
 - How might you encourage each other to depend on God more?

 7. Our closing challenge was to:
 - Stop relying on willpower.
 - Start relying on the Spirit
 - Practise daily surrender
 - Celebrate dependence, not perfectionWhich of these four is the most challenging and why?

 8. What is one specific area, where you fall in to relying on willpower?
 - What is one practical step you can take to depend on the Spirit instead?
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