



Ice Breaker

What's something you grew up thinking was “bad”, but realized later on in life that it wasn't actually “bad”?

SACRAMENTO/ELK GROVE

Main Text: Romans 7:1-25

Discussion Questions

- What's the purpose of laws? What do laws reveal about us?
- Have you ever had a moment when doing the right thing or being obedient was hard or exhausting? Explain.
- Why do we do what we don't want to do? (Reference Romans 7:15-20 and James 4:1-2)
- How does God meet us in the middle of our mess, and give us opportunities to mature us?
- What does Paul talk about needing to be rescued from in v.24? What do you need to be rescued from?
- Is it our works that delivers us? Is it greater effort that delivers us? What does v.25 say? Why is this significant?
- What else has God revealed to you in Romans 7?
- What can you commit to applying in your life from what you learned this week?

Share prayer requests and close in prayer.

