

**THE GOSPEL OF GRACE**  
**A Study in the Book of Romans**

**Sin and the Law**

**Romans 7:7–25**

*“Who will rescue me from this body of death? Thanks be to God — through Jesus Christ our Lord”*

Romans 7:25

**Read Romans 7:7–13.**

1. What had Paul said about the law in verse 5 that prompted him to ask (and emphatically reply to) the question, “Is the law sin?”
2. According to Paul, is the law sinful? Why or why not?
3. Of all the commandments (Ex. 20:1–17), why do you think Paul used coveting as his example?
4. Notice how sin is pictured as a powerful ‘agent’ in a person’s life. Write down what verses 8–11 say sin actively does.
5. How does Paul describe the law and commandment in verse 12?
6. In light of these verses and your answers to questions 4 and 5 above, what should be our attitude toward sin?

Toward the law?

7. Is there a sin that you take lightly and hide, instead of exposing it to the light of the law? Confess it to the Lord and consider sharing with your group. (James 5:16; 1 John 1:6-7)

**Read Romans 7:14–20.**

8. Notice the parallel thoughts in verses 14–17 and 18–20.
  - a. How do verses 14 and 18 describe Paul’s spiritual condition?

- b. What do verses 15 and 19 indicate that Paul wants to do? What do they say he does instead?
  - c. What do verses 17 and 20 say about what's causing Paul's problem?
9. Express Paul's struggle in your own words and give a recent example from your own life. What encouragement does it give you that even Paul, an apostle, would struggle like this?

**Read Romans 7:21–25.**

10. In his description of the war within, Paul describes two opposing sides. What does he say are:
- a. the laws at odds with one another? (vv. 22, 23)
  - b. the two parts of himself that are in conflict? (vv. 23, 24)
  - c. the two types of slavery? (v. 25b)
11. Where does Paul turn in the midst of the battle? (v. 25b)

How does his response compare with the way(s) you tend to handle the struggles you face? (Gal. 5:16-17; 1 Tim. 1:18-19)

12. Take a sneak peek at Rom. 8:1–2 and write a prayer of thanksgiving to the Lord that Romans 7 is not the end of the story.