

4. Paul explained to us in **Romans 6:5** that we were **united** with Christ in His death. That union in Christ's death has freed us from being bound by the obligations of the law, and it has made us free to be bound to Another. Write down Paul's explanation of this in **verses 5 & 6**.

David Guzik writes, "The law does not *justify* us; it does not make us right with God. The law does not *sanctify* us; it does not take us deeper with God and make us more holy before Him.....Our freedom is not given so we can stop serving God but so that we can serve Him better, under the newness of the Spirit and not in the oldness of the letter. It is a shame that many serve sin or legalism with more devotion than those who should serve God out of the newness of the Spirit."

5. How does **Ezekiel 36:26** describe this work of the Holy Spirit within us that God promised He would do?

This is a work that God promised to do in Israel, and it is still a work He has yet to fulfill, but this is also the work that the Holy Spirit has done in the heart of the believer who has been born again. **2 Corinthians 5:17** confirms that when we come to Christ, we are made into a **new creation**. How does **Titus 3:5** add to this? Look up this verse and record it below.

6. Paul stated in **Romans 7:5** that the law actually **aroused** sinful passions within us. He will further explain the truth of this in **verses 7 through 14**. What does he ask as he begins this explanation in **verse 7**?

7. What is Paul's answer to these questions in the rest of this verse?

8. What does Paul add to this thought in **verse 8**?

The law revealed the sin in our hearts by calling it out and naming it as sin. It also revealed the rebellion in our hearts by telling us what not to do, which made us want to do it all the more. It's just like seeing a sign that says "Do not touch!" makes us want to touch it just because it has become "forbidden." **David Guzik** points out that, **"In American history, we know that the Prohibition Act didn't stop drinking. In many ways it made drinking more attractive to people because of our desire to break boundaries set by the commandment. Once God draws a boundary for us, we are immediately enticed to cross that boundary - which is no fault of God or His boundary, but the fault of our sinful hearts."**

9. As Paul continues laying out these facts, what does he say in **verse 9**?

Bible scholar, **Richard C. H. Lenski** makes this comment about this verse, **"He was quite secure amid all his sin and sinfulness. He lived in the sense that the deathblow had not yet killed him. He sat secure in the house of his ignorance like a man living on a volcano and thought that all was well."**

10. Write down Paul's statement as he continues in **verses 10 & 11**.

The commandment, meant to bring life, brought death because it revealed sin as sin, and sin is a deceiver. Satan's tactics to make sin appealing, desirable, and something we need to have, to do, or to experience, began in Genesis with Eve in the garden. It promises you a life with more success, more happiness, more satisfaction, more fulfillment, but in the end what it delivers to you is emptiness, sorrow and death. The problem isn't with the commandment. The problem is my sinful heart.

11. Paul confirms this truth in **verse 12**. Record his words below.

12. Paul asks in **verse 13**, “**Has then what is good become death to me?**” His answer once again is “**Certainly not!**” Record the remainder of this verse below.

The Bible Knowledge Commentary has this to say, “**The internal principle or nature of sin uses the specific commandments of the Law of God - in part and in the whole; a ‘holy, righteous, and good’ thing in itself - to manifest its true nature as opposed to God and to demonstrate its power within individuals.”**

13. In **verses 14 & 15**, Paul states clearly what the problem is. What does he say in these verses?

14. How many times a day do we feel the way Paul described in **verse 15**? I have to admit that I feel that way often, either by doing something I didn't want or mean to do, or by failing to do something I intended to do. Paul explained this to the Galatian church in **Galatians 5:17**. Record that verse below.

15. Record Paul's next comments in **Romans 7:16 & 17** below.

16. Paul goes on describing this dilemma in **verses 18 through 20**. Record his words from those verses.

David Guzik has this to say about these verses, **“Is Paul denying his responsibility as a sinner? No. He recognizes that as he sins, he acts *against* his nature as a new man in Jesus Christ. A Christian must own up to his sin, yet realize that the impulse to sin does not come from who we really are in Jesus Christ.”**

17. Paul paints a good picture of this war within as he continues his conversation in **verses 21 through 23**. Write down his words below.

Back in **verse 18**, Paul makes the statement that **“I know that in me (that is, in my flesh) nothing good dwells.”** Paul is speaking of his **sin nature**. We make a mistake if we think that coming into a relationship with Christ through a saving knowledge of the Gospel, that we no longer have a sinful nature we need to deal with. The truth is, that while we still have a sin nature, along with it we’ve now been given a **new nature**, born of God’s Spirit. This creates a war within us of these two natures that are opposed to one another. While we are still in this flesh, this spiritual war continues, and the sinful nature of our flesh **never gets better** with age, (spiritual age or physical age).

18. Looking at **verses 24 & 25**, write down Paul’s concluding verses of this chapter.

David Guzik concludes this chapter with these comments, **“He (*Paul*) acknowledges the state of struggle, but thanks God for the victory in Jesus. Paul doesn’t pretend that looking to Jesus takes away the struggle - Jesus works through us, not *instead* of us in the battle against sin.”**

19. Paul’s exhortation to the Galatian church on this subject was clearly stated in **Galatians**. Write down his words to this church in the following verses.

Galatians 5:16 -

Galatians 5:25 -

20. How do these other Scriptures add to this exhortation? Write them down below.

Ephesians 5:8 -

Colossians 2:6 -

“The glorious truth remains: there *is* victory in Jesus! Jesus didn’t come and die just to give us more or better rules, but to live out His victory through those who believe. The message of the gospel is that there is victory over sin, hate, death, and all evil as we surrender our lives to Jesus and let Him live out victory through us.” (David Guzik)

21. This victory over our sin nature is never going to be a complete and final victory while we are still in this flesh. However, Christ has promised us a final, eternal victory that He has already won for us on the cross, and this victory is already ours. In this present flesh, we are still mindful that we are daily in a spiritual battle, even though the ultimate battle has been won. Share your thoughts on how the Lord helps you win the victory over your sin nature, moment by moment, day by day.

22. What are you taking away from this chapter in Romans that is most meaningful to you?

This study was written and prepared by Shawn Van Hook, 2026