

The Flesh Within Us

Scripture Reading

Romans 7:14–25

Context

The Apostle Paul is writing to the Roman church, addressing the reality of living as a believer in a broken world. He contrasts the freedom we have in Christ with the persistent nature of sin—what he calls "the flesh." This passage serves as a mirror for every Christian who desires to please God but feels the tension of recurring failure. It is a confession of the war that exists within us as long as we live on this earth.

Main Idea

We are no longer defined by our sin, but we still battle the flesh, requiring us to rely on the Spirit of God rather than our own strength.

Discussion Questions

1. The Reality of the Struggle

Do you find it comforting or discouraging to know that even the Apostle Paul wrestled with doing what he hated? Why?

Notes:

2. In the Flesh vs. Of the Flesh

How does understanding that sin is no longer your "master" change how you view your daily temptations?

Notes:

3. The "Good I Want to Do"

Can you identify a "good" you know you should be doing, but find yourself consistently neglecting? Why is that neglectful behavior often easier to ignore than overt sin?

Notes:

4. The Failure of Self-Effort

In what areas of your life are you currently trying to "white-knuckle" your way to holiness rather than relying on the Spirit?

Notes:

5. The Source of Frustration

How can your frustration with your own recurring sin actually be a sign of God's grace working in you?

Notes:

6. The Role of the Spirit

What does "walking by the Spirit" look like on a Monday morning when you are tempted to lose your temper or give up on a godly habit?

Notes:

7. Avoiding the Shame Trap

How do you typically react when you fall into a sin you've struggled with before: do you run to Christ or run from Him in shame? What causes that reaction?

Notes:

8. The Promise of Deliverance

How does looking at Christ's victory rather than your own failure change your perspective on your current struggles?

Notes:

Carry-It-Forward

What's one thing God impressed on you tonight that you want to carry into this week?

Is there a specific situation you're facing this week where you need to invite the Holy Spirit to lead, rather than relying on your own strength?

Reflection & Prayer

- **Confession:** Spend a few moments silently asking the Lord to reveal areas where we have relied on our own strength instead of His Spirit.
- **Dependence:** Pray for one another regarding specific struggles. Ask the Spirit to intervene.
- **Gospel Gratitude:** Thank God that our standing with Him is based on Christ's finished work, not our perfect performance.

For additional resources, you can view the original [Lighthouse Guide](#) document.