1. Although Romans 7 contains some familiar passages of Scripture, they’re usually misinterpreted.

“For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that it is good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord” (Rom. 7:15-25).

A. There are usually three main reactions to this passage.

i. What in the world does this mean?

ii. Frustration is normal in the Christian life.

iii. Paul was describing himself before being born again.

B. Of these three main reactions to this passage of Scripture, none is right.

2. Paul was describing the utter impossibility of succeeding in the Christian life through will power.

A. He was contrasting natural human ability (Rom. 7) with the intervention and power of the Holy Spirit (Rom. 8).

B. Notice how the word “spirit” is only mentioned once in all of chapter 7 (verse 6), but in chapter 8, it’s mentioned twenty-one times.

C. Romans 7 shows the impossibility of living for God.

3. The Christian life isn’t a changed life, but an exchanged life.

A. Just let Jesus start living through you.
B. Not enough Christians have ever experienced the consistent life of Jesus living through them.

C. We’re busy doing our own things, living our own lives in our own power.

D. In your flesh—your natural, human state—you can’t live a perfect life.

E. You must come to Him, ask Him to live in and through you, and then learn to deny yourself.

4. You act the way you think of yourself in your heart (Prov. 23:7).

A. Unless you change your thinking, you’ll stay the way you are!

B. You are—right now—the way you have thought.

C. Thoughts are seeds that take root in the garden of your heart and manifest themselves over time in your life.

5. Carnal-mindedness is death, but spiritual-mindedness is life and peace.

“For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom. 8:6).

A. You can tell what you’ve been thinking by what you’re reaping.

B. If you see yourself as a sinner—forgiven, saved by grace, but still a sinner by nature—you’ll act like it.

C. If you don’t understand who you really are now in Christ, you won’t experience His life and peace.

6. One-third of me is wall-to-wall Holy Ghost.

“As he [Jesus] is, so are we in this world” (1 John 4:17, brackets mine).

A. I am identical to Jesus in my born-again spirit because it’s the Spirit of the Lord Jesus Christ that has been sent into my heart, crying “Abba Father!”

“Now if any man have not the Spirit of Christ, he is none of his” (Rom. 8:9).

B. Your body and soul stayed the same, but the core of your being—the real you—is brand-new (2 Cor. 5:17).

7. It’s the computer between your ears that your old man programmed that’s causing you to continue to function that way—and it will continue until you reprogram it through the renewing of your mind.
“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God” (Rom. 12:1-2).

A. “Conformed” means “to pour into the mold.”

B. “Transformed” means “to change,” like a metamorphosis (a caterpillar becoming a butterfly).

C. In your born-again spirit, you’re as perfect as you’ll ever get.

D. The only thing stopping you from experiencing the life of God within you is your brain.

E. Your unrenewed mind prevents you from enjoying God’s peace, joy, and deliverance.
1. Read Romans 7:15-25.

2. How many times in Romans 7 is the word “spirit” or “Spirit” used?

3. How many times in Romans 8 is the word “spirit” or “Spirit” used?

4. Which chapter describes the utter impossibility of succeeding in the Christian life through natural human ability (a.k.a. “living for God”)?
   A. Romans 7.
   B. Romans 8.
   C. Neither.

5. Which chapter describes the intervention and power of the Holy Spirit (Jesus living through us)?
   A. Romans 7.
   B. Romans 8.
   C. Neither.

6. According to Galatians 2:20, who is crucified with Christ?

7. Who lives in us?

8. How do we live the life we now live in the flesh?

9. What did Jesus do?

10. Romans 4:7-8 reveals we have been forgiven of which sins?
    A. Past.
    B. Present.
    C. Future.
    D. All of the above.
    E. None of the above.

11. In light of this, what does Romans 6:2 say about us just going and living in sin?

12. According to Proverbs 23:7, we act the way we what?

13. According to 2 Corinthians 8:9, what are we to know?

14. Though He was rich, for our sakes He became what?

15. Why?
16. According to 2 Corinthians 9:8, God is able to what?

17. That we—always having all sufficiency in all things—may abound to what?

18. Romans 8:6 reveals that carnal-mindedness produces what?

19. How does life and peace come?

20. According to 1 John 4:17, how are we in this world?

21. What does Romans 8:9 say about someone who doesn’t have the Spirit of Christ?

22. According to 2 Corinthians 5:17, if anyone be in Christ, they are what?

23. What has passed away?

24. What has become new?

25. According to Romans 12:1-2, what is our reasonable service?

26. What will automatically happen if we don’t renew our minds?

27. If our minds are transformed by being renewed to God’s Word, what will we begin to experience more and more?
“For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that it is good. Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin” (Rom. 7:15-25).

“But now we are delivered from the law, that being dead wherein we were held; that we should serve in newness of spirit, and not in the oldness of the letter” (Rom. 7:6).

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me” (Gal. 2:20).

“Saying, Blessed are they whose iniquities are forgiven, and whose sins are covered. Blessed is the man to whom the Lord will not impute sin” (Rom. 4:7-8).

“God forbid. How shall we, that are dead to sin, live any longer therein?” (Rom. 6:2).

“For as he thinketh in his heart, so is he” (Prov. 23:7).

“For ye know the grace of our Lord Jesus Christ, that, though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich” (2 Cor. 8:9).

“And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work” (2 Cor. 9:8).

“For to be carnally minded is death; but to be spiritually minded is life and peace” (Rom. 8:6).

“Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world” (1 John 4:17).
“But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his” (Rom. 8:9).

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new” (2 Cor. 5:17).

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God” (Rom. 12:1-2).