



Part 9: Why Do I Do What I Don't Want To Do?

The problem: Why can't I change? (Rom 7:14-25)

Paul confesses...

- _____ (vs. 14-16)
"My own behavior baffles me. For what I want to do I don't do, but what I hate I do."
- _____ (vs. 17-20)
"...I have the desire to do what's right, but I don't have the power."
- _____ (vs. 21-23)
"For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind..."
- _____ (vs. 24)
"What a wretched man I am! It's an agonizing situation! Who will rescue me ...?"

The solution: vs. 24b, 25, all of Romans 8

To cope with my struggle, I must:

A _____

- To others
- To God

B _____

"...there is now no condemnation for those who are in Christ Jesus..." Rom. 8:1

"You did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, 'Abba, Father.'" Rom. 8:15

"nothing... in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord." Rom. 8:39

C _____
"Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires." Rom. 8:5

"The mind of sinful man is death, but the mind controlled by the Spirit is life and peace." Rom. 8:6

D _____
"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us..." Rom. 8:26

In the first 7 chapters of Romans, the word "Spirit" is used _____.
In Romans chapter 8, the word "Spirit" is used _____.

E _____
"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Rom. 8:28

"For those God foreknew he also predestined to be conformed to the likeness of his Son... And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified." Rom. 8:29,30

Daily Meditations

Here's a chance to "take it home": Spend a few minutes every day reading Scripture, praying, and answering thought-provoking questions about this weekend's topic!

This week's memory verses: "Therefore, there is now no condemnation for those who are in Christ Jesus." Rom. 8:1

Monday

Look back over the notes and verses for this past week. What points really stood out for you?

Of the five "ABCDE" points, which will you really focus on this week?

Ask God to help you focus on that one point this week. Thanks Him for His grace!

Tuesday

Read Romans 7:15-25. What is Paul's complaint?

Do you ever feel like Paul?

Do you think this is a universal problem among Christians? Why or why not?

What are some of the destructive behaviors you find most compelling? (You may not want to share these out loud, but you know what they are-- take time to talk to God about them, in confession and a request for help!)

Admit your "problem area" to God and ask Him to take control! Have a Romans 7 discussion with Him!

Wednesday

Read Romans 8:1-4. What does Jesus do for us, according to these verses?

Why was the law "powerless" to change me, according to verse 3?

Paul says we are under a new law-- what law does he say we are now under?

What are some important differences between this new law and the Old Testament law?

Are you still living under the old law or have you really made the conscious shift to this new law of Spirit and life?

Thank God today for the new law of life in your heart! Try to dwell all day today on the fact that you are under grace!

Thursday

Read Romans 8:5-8. What do those who live according to the desires of the sinful nature have their minds set on? What is the result of such a mind set?

What do those who desire to live according to the Spirit have their minds set on?

What is the result of such a mind set?

What do you have your mind set on?

What are some practical ways to help change your "mind set"?

Read Romans 12:2, Philippians 4:8, Colossians 3:2. How do these verses amplify what Paul says in Romans 8:5?

How have you found a changed mind set to be effective in your own life?

Today ask the Lord to help you focus on the true and pure!

Friday

Read all of Romans 8 in preparation for the seven weeks we are about to spend in this chapter in the weekend services! Write down the blessings of God's grace to you that are in this chapter. For each truth, write down a practical way that really believing this truth will help you in your life! (Use an extra piece of paper when you run out of space here!)

Truth about me

Example: The Spirit helps us in our weakness (verse 26)

Practical result

I can be confident that when I blow it, God doesn't hate me-- he is for me!

Thank God today for His grace-- ask Him to help you live in a continual consciousness of His grace!

Saturday

Today, polish the memory verse at the top of the previous page. Thank God for the freedom you have in Christ. Thank Him for the opportunity to study His word and grow. Please keep the services this weekend in prayer as well. Thank you!