



ROMANS 7-9
■ WEEK 3 ■

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

- Romans 8:6

The Power of Life in the Spirit - God's righteousness and the gift of the Holy Spirit give us hope in our battle against sin. Living according to the Spirit, not the flesh, highlights the transformative power of the Holy Spirit in the believer's life.

WEEK 3, DAY 1
■ MONDAY ■
ROMANS 7:1-6

A HARVEST OF GOOD DEEDS

So does the Christian ignore the moral law of God? Not at all. We now look at it as an expression of God's desires. He loves honesty, purity, generosity, truth, integrity, kindness, and so on. We now use the law to please the One who saved us. So we are not "under the law." We are not married to it. We are married to Christ; we are seeking to please him, and so the law's precepts are ways to honor the One we love. They are now not a burden—we have a new motivation (love for our Husband) and obey in a new framework (acceptance on the basis of Christ, not us, fulfilling the law)...

We obey who we offer our service to. We live to please who we are married to. We were once slaves to sin—we obeyed it. We were once married to the law; controlled by our sinful natures—whether pursuing self-righteous religion or self-centered license we lived to please it. But our death in "the body of Christ" (v 4) has changed everything, totally and eternally. We are slaves to God—how could we, and why would we, sin?! We belong to Christ as his bride, knowing he died for us—how could we, and why would we, not live to please him, out of loving gratitude toward him? It is the Christian's identity—the Christian's relationship to God..It is knowing who you are in Christ that causes you to say, deep in your heart: Will I live in this moment as though I'm a slave to sin, married to the law? By no means!

Timothy Keller - Romans 1-7 For You



REFLECTION

In marriage, we live to please our spouse. We do this not to receive more but to express our love to the other. Paul uses the marriage metaphor as an example of our relationship with the Lord because of our salvation. The law is how we strive to please the Lord in our marriage. Ask yourself today: who am I normally living to please? Really take time to process that question and your honest answer. Begin to seek today and this week the work of pleasing the Lord.

WEEK 3, DAY 2
■ TUESDAY ■
ROMANS 7:7-25

INTERNAL CONFLICT

Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin.

- Romans 7:24-25

Paul continues his explanation about the power of God's law by pointing toward the most significant power of the law, the exposure of our sin. As strange as it sounds, Paul points toward his love of the law (Romans 7:22) because it shows him who he is: sinful. (Romans 7:14) It is good to know who we are. We grasp a better understanding of our thoughts, actions, and motives. Knowing ourselves more clearly, though, brings about a clearer picture of our brokenness and depravity, too. Paul is actively unpacking this internal conflict in Romans 7:14-25. Paul narrows in on the conflict that takes place in his and every Christian's spirit as a result of the law.

The law exposes how utterly hopeless we are to do what is right. The law sheds light on our inevitable submission to sin. The law clarifies how impossible it is for us to live a righteous life. Paul uses this internal conflict to point toward the beautiful salvation found in Jesus. *"Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord."* What resolves the sin conflict within us? What can make us whole when sin tears us apart? What brings us hope when we are so hopeless to do what God requires of us? The answer is in Jesus Christ our Lord. The internal sin conflict we all face is resolved through the answer of Jesus Christ. The law brings to light our need and salvation in Jesus.



REFLECTION

Have you ever thought of God's law as a tool to help you begin to understand yourself better? Paul suggests here that the law exposes our sinful nature, which answers the questions about our inner workings that have been a mystery to us for our entire lives. What do you feel the law has revealed to you about yourself? How can this humble you today and allow you to love those around you more personally? Reflect on these questions today and seek to apply the answers to your walk with Christ and His people.

WEEK 3, DAY 3
■ **WEDNESDAY** ■
ROMANS 8:1-17

A NEW NATURE

The Christian life is essentially life in the Spirit, a life which is animated, sustained, directed, and enriched by the Holy Spirit. Without the Holy Spirit, true Christian discipleship would be inconceivable, indeed impossible.

John Stott - *The Message of Romans: God's Good News for the World*

At the moment of our salvation, a profound exchange of spirit and nature occurs. This exchange, often termed conversion, is akin to converting our American currency for the foreign currency of a country we visit. Our very nature is transformed when we acknowledge Jesus as our Savior. Our faith in Jesus leads us to transition from our sinful nature to a holy nature, with the Holy Spirit serving as the evidence and catalyst of this spiritual conversion.

Paul clarifies that we are made new from our sinful nature, not because of anything we do, but because of what the Holy Spirit does through us. We have to begin to get out of the way in order to let the Spirit move and work our new nature out around us. We start this work by more readily and openly listening to the Spirit speak. How do we do this? Quiet down the other noises. We have to quiet the noise of sin, the noise of busyness, the noise of anxiety, the noise of control that we bring about in our lives.



REFLECTION

Today, take an extended time with God and work to quiet the noise and hear His spirit. That could mean taking a walk outside. It may mean sitting in silence. Maybe it means driving with nothing but the road sounds to accompany you. Whatever it is, be quiet and listen to the Spirit. At the end of the day, write what you heard the Spirit say. If you didn't hear anything, do it again tomorrow and each day until you hear Him speak.

WEEK 3, DAY 4
■ THURSDAY ■
ROMANS 8:18-30

FOR GOOD

We have come to one of the most comforting verses of Scripture for the people of God. Many have called it the pillow upon which we can rest our weary heads. And with this verse, the crescendo of chapter 8 continues to grow. There is hope for our every moment in our sovereign God.

After Paul has just comforted us despite the thing that we did not know in verse 26, here he shifts his focus to the thing that we do know. And it is in this truth that all of our anxieties vanish. We know with utmost confidence and full assurance that for the people of God, all things work together for good. And it is God who providentially does the working. He is active and not passive. He is not sitting by and scrambling to fix the mess that we are in, but He is sovereignly reigning over every moment and working every aspect of our every day for good.

Every moment a mercy...Someday we will be able to look back on our lives and see that He used every moment for good. It doesn't mean that every moment was good. It doesn't in any way negate the pain that we face. But it reminds us of the One that we trust in...

All things. The words are definite and sure. They suppress any "but what if," or "but what about." questions that we are tempted to raise. Whether things that have been done to us or things we have done, He will work all things for the good of His people...All the sorrow. All the joy. All the suffering. All the unmet expectations. All the waiting. All the mess. He will use it all. Every part of our stories will be used to conform us to the image of Christ. Not one ounce of sorrow will be wasted.

Jeremy and Kristin Schmucker - Romans: The Gospel-Centered Life Volume Two



REFLECTION

Romans 8:28 is a comfort in our times of trouble, and honestly, we often find ourselves in times of trouble in this life. Whatever you're going through today, take a moment and write down verse 28. After writing this passage down, set an alarm for your phone to go off three times today. Stop whatever you're doing when the alarm goes off, and read verse 28. See what comfort this brings to your weary and troubled heart today.

WEEK 3, DAY 5
■ **FRIDAY** ■
ROMANS 8:31-39

NOTHING CAN SEPARATE

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") No, despite all these things, overwhelming victory is ours through Christ, who loved us.

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Romans 8:35-39 NLT



REFLECTION

There is no addition necessary to better understand Paul's words of hope, joy, and goodness found in the final verses of Romans 8. Romans 8 is not short in encouraging God's love, connection, and comfort for our weary, troubled lives. Romans 8 is a passage of courage for us. Today, reread Romans 8:35-39. Read it a few times. Read it until you truly take in not only the words and meaning but the courage found in the truth of these words.

WEEK 3, DAY 6
■ SATURDAY ■
ROMANS 9

EVERLASTING FAITHFULNESS

Romans 9 begins a shift. Romans 1-8 was Paul's explanation of man's deficiency and God's immensity to meet and save and remake us in His glorious image. Romans 9-11 shifts to the question of what it means for Israel, the Jewish people, that Jesus is the Messiah. Romans 9 is the beginning of Paul's encouragement to the Jewish people to be born again by changing how they see God and His son, Jesus. Paul's words are a sign to us that there is no favoritism. (Romans 2:11) The salvation of the Lord is not prejudiced, biased, or reserved only for those of a particular heritage, skin color, country, or lifestyle. The gift of new life in the Lord Jesus Christ is for all and must be received by all who wish to live the eternal life promised to the believer.

Paul endeavors to weave the enduring work of God into the Jewish tradition of scripture and their daily lives. For us today, Paul's words in Romans 9 serve as a powerful reminder of God's unwavering faithfulness to us. He never abandons us. We all need Him, and we are all invited to receive Him. His faithfulness is constant and unchanging, a rock we can always rely on.



REFLECTION

There is a hymn that has always brought me comfort because it always brings me back to the truth of what my future looks like with Christ. Today, after reading about the faithfulness of God to His people in Romans 9 and Paul's encouragement that we may all receive Him, take a moment to reflect on that faithfulness and what it means for your life. Look up the song *No Turning Back* by Steffany Grettzinger and Leeland. Listen to it during a silent time of reflection at home, at work, in the car, or while on a walk outside. During this time of worship and reflection, Thank God for His faithfulness.

WEEK 3, DAY 7
■ SUNDAY ■

REST & REFLECTION DAY

Join us for worship today and prepare your heart to engage with next week's study of God and His word. Use your time today to rest, pray, and reflect on this week's readings.

Take notes on this week's sermon on page 59.



REFLECTION NOTES & QUESTIONS

This week, we looked at Romans 7-9 and specifically how God has made us in His likeness and is shaping us daily to look more and more like Him. Every harvest of good deeds we make, every time we shed light and turn away from the work of sin, when we draw near to our new nature, remember nothing separates us from God, and when we reflect upon His everlasting faithfulness towards us we shed more of our old selves and put on more of our Holy set apart selves. As we wrap up this week's study, read Romans 8:38-39. Let this be a reminder for your mind, your heart, and your soul that God's love is greater than anything we will ever know.

Reflect on how these words shape our lives. Reflect/journal your thoughts on this or these following prompts:

- Write down what you learned about who God is this week.
- What is something you looked at this week that you want to receive from God in greater measure? Why?
- How can you begin to apply this truth about God to your walk with Him?