Romans 7

Participant's Outline

Part 1: Romans 7:1–6 • Part 2: Romans 7:7–25 • All Scripture quoted from the King James Version

Use this outline to follow along during each session. Fill in the blanks as we study, jot your answers under each question, and keep it handy through the week for your memory verse and challenge.

The Big Picture: Where Romans 7 Fits

Humanity is under the power of sin, but God has acted through Jesus Christ to make people right with himself and bring them into a new life. Romans 1–3 shows that all are under sin; Romans 4–5 shows that we are made right by grace through faith in Christ; Romans 6 shows that we died with Christ to sin. Romans 6:14 says, "ye are not under the law, but under grace." Romans 7 answers the question that follows: What is our relationship to God's law, and was the law itself bad? Believers died to the law through Christ and now belong to the risen Christ. The law is not the problem; sin is. Romans 8 then opens with the answer: "There is therefore now no condemnation to them which are in Christ Jesus."

Key Sentence: ***The law reveals sin; sin exploits the commandment; Christ brings us into new life.***

Part 1: Released to Belong to Christ (Romans 7:1–6)

Session Flow

Segment	Time	What We Will Do
Opening Prayer & Icebreaker	5 min	Pray; share a time a promise or agreement changed everything
Scripture Reading & Summary	7 min	Read Romans 7:1–6 aloud as one letter
Key Points & Discussion	12 min	Follow the points below; answer questions

Reflection & Application	5 min	Personal response; weekly challenge
Closing Prayer	3 min	Pray together; share requests

Icebreaker

Have you ever had a single event (a move, a new job, a wedding) completely change who you belonged to or answered to?

Key Points

1. The law has authority over a person only while that person lives (7:1)

KJV: "the law hath dominion over a man as long as he _____."

2. Death changes the bond (7:2–3)

KJV: "if the husband be dead, she is _____ from the law of her husband." Death ends the former _____ relationship and leaves her free to belong to another.



Death Changes the Bond: a widow mourns, then is free to marry again (Romans 7:1–4).

My notes on the illustration:

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3. We became dead to the law and now belong to Christ (7:4)

Paul does not say the law died. He says we "are become _____ to the law by the body of Christ; that ye should be married to _____, even to him who is raised from the dead." We are not merely released from something; we _____ to Someone.

4. The purpose: fruit unto God (7:4–5)

KJV: "that we should bring forth _____ unto God." Before Christ, sinful passions worked "to bring forth fruit unto _____."



Bringing Forth Fruit unto God: life that flows from union with Christ (Romans 7:4–6).

5. A new way to serve (7:6)

KJV: "But now we are _____ from the law ... that we should serve in newness of _____, and not in the oldness of the _____."

Discussion Questions

1. Observation: According to Romans 6:4 and 7:4, what is the purpose of our new relationship with Christ?

2. Interpretation: How does Romans 7:1–6 help explain Romans 6:14, "ye are not under the law, but under grace"?

3. Interpretation: Why is it important that Paul describes us not merely as released from something, but as belonging to someone, the risen Christ?

4. Application: How might someone confuse belonging to Christ with simply trying harder to follow religious rules?

5. Application: What is one "fruit unto God" you want to see grow in your life this season?

Memory Verse

> *"Wherefore, my brethren, ye also are become dead to the law by the body of Christ; that ye should be married to another, even to him who is raised from the dead, that we should bring forth fruit unto God."*
>
> **— Romans 7:4 (KJV)**

Weekly Challenge

Each morning this week, pray: "Lord, I belong to the risen Christ. Help me bring forth fruit unto God today." At week's end, write down one way you served God out of love and belonging rather than mere duty.

Prayer Requests

Part 2: The Law Is Good; Sin Is the Problem (Romans 7:7–25)

Session Flow

Segment	Time	What We Will Do
Opening Prayer & Icebreaker	5 min	Pray; share a problem you saw but could not fix
Scripture Reading & Summary	8 min	Read Romans 7:7–25 aloud as one letter

Key Points & Discussion	14 min	Follow the points below; answer questions
Reflection & Application	5 min	Personal response; weekly challenge
Closing Prayer	3 min	Pray together; share requests

Icebreaker

Have you ever been shown a problem you couldn't fix simply by knowing about it?

Key Points

1. The law reveals sin (7:7)

KJV: "Is the law sin? God _____. Nay, I had not known sin, but by the _____: for I had not known lust, except the law had said, Thou shalt not _____." A mirror shows the dirt but does not _____ it.



The Mirror Shows, but Does Not Wash: the law reveals sin (Romans 7:7).

2. Sin seizes the commandment (7:8–11)

KJV: "For sin, taking _____ by the commandment, deceived me, and by it _____ me." Sin used a good thing to deceive and to kill.

3. The law is good; sin is exceeding sinful (7:12–13)

KJV: "the law is _____, and the commandment holy, and _____, and good." Sin "by the commandment might become exceeding _____."



The Light on a Dangerous Path: the commandment exposes the danger (Romans 7:8–13).

4. The struggle with sin (7:14–23)

KJV: "For the good that I would I do _____: but the evil which I would not, that I _____." Christians differ on whether Paul describes life before conversion, the believer's ongoing struggle, or humanity's condition under the law. Every view shows how serious sin is and how much we need deliverance.

5. The cry and the answer (7:24–25)

KJV: "O _____ man that I am! who shall deliver me from the body of this death? I thank God through _____ _____ our Lord." This leads straight into Romans 8:1: "no _____ to them which are in Christ Jesus."

Discussion Questions

1. Observation: In Romans 3:20 and 7:7, what does Paul say the law makes known?

2. Interpretation: Why does Paul insist in 7:7–13 that the law is good, even though sin used the commandment to produce death?

3. Interpretation: How do the mirror and the lantern help us see both the value and the limits of the law?

4. Application: When God's Word exposes sin in your life, how can you respond with honesty and confidence in Christ?

5. Application: Where do you need to stop relying on your own effort and say, "I thank God through Jesus Christ our Lord"?

Memory Verse

> *"O wretched man that I am! who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord."*
>
> **— Romans 7:24–25a (KJV)**

Weekly Challenge

Read Romans 7:7–25 and Romans 8:1–4 together in one sitting. When God's Word exposes a sin, don't hide or excuse it. Confess it honestly, then thank him aloud: "I thank God through Jesus Christ our Lord."

Prayer Requests