

## The War Within

### Romans 7 & 8

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1. Every believer experiences an internal struggle between wanting to do what is right and actually doing it, showing that knowledge alone is not enough to change our behavior.
2. We are not just sinners, but we are naturally enslaved to sin and unable to rescue ourselves.
3. Freedom requires a ransom and leads us to a new Master in Jesus as our Lord and King.
4. Sin creates an internal conflict where we often do what we hate and fail to do what is right.
5. Jesus is more than just a solution to our struggles. He is a person, and He desires a relationship with us.
6. Romans 8:1 confirms that in Christ there is no condemnation, and our identity is defined by grace, not sin.
7. Though we are set free from sin, we still battle the flesh and must depend on Jesus each day.
8. Victory comes by walking in the Spirit rather than living according to the flesh.
9. To walk with the Spirit, we need to focus our minds on Him and live each day with an awareness of God.
10. We are called to live like Christ through humility, submission, surrender, and sacrifice.

## Pathway to a Spiritually Transforming Life

What does your spiritual workout look like?

**Philippians 2:5-13**

Humility | Submission| Surrender| Sacrifice

<b>What did Jesus do?</b>	<b>What are we to do?</b>
Vs. 7 <u>Emptied</u> Himself of Glories	Vs. 7 Empty ourselves of worldly things
Vs. 8 Became a <b>servant</b> of God	Vs. 8 Become His <b>servants</b>
Vs. 8 Put on <b>flesh</b>	Vs. 8 Set our minds on the <b>Spirit</b>
Vs. 8 <b>Humbled</b> Himself	Vs. 8 <b>Humble</b> ourselves
Vs. 8 Became <b>obedient</b> to the Father	Vs. 8 Become <b>obedient</b> to Jesus
Vs. 8 Was obedient to <b>death</b> on a cross	Vs. 8 <b>Die to self</b> and things of this world
Vs. 9 Was <b>highly exalted</b>	Vs. 9 We will be <b>exalted</b> , made perfect in Heaven

## TODAY'S WORSHIP

Holy, Holy, Holy (Jesus Reigns)  
Come Thou Fount  
Blessed Assurance  
The Old Rugged Cross

## DISCUSSION QUESTIONS

We often know what is right, yet still struggle to do it, which can feel frustrating or even discouraging.

- Where do you personally see this tension between knowing and doing?
- How does it usually play out in your life?

While sin is still present in our lives, Romans 8 reminds us that we are no longer slaves because of what Jesus has done.

- Where do you need to start believing and living out the truth that you are no longer controlled by sin?

It's easy to fall into trying to "fix yourself," or "just do better," but Paul points us back to Jesus as the only answer.

- When do you tend to rely on yourself instead of resting in the completed work of Jesus?

Walking in the Spirit isn't automatic. It takes intention in what we fill our minds with and focus on every day. (See Romans 12:1)

- What are you filling your mind with?
- Is it drawing you closer to Jesus or pulling you farther away?

Following Jesus calls us to humility, surrender, and letting go of control in ways that don't always come easy.

- Where in your life do you feel that tension most right now?
- What's something you're holding onto right now that might need to be surrendered to Jesus?