GOSPEL IN ROMANS · STUDY NOTES

Study 3: Conflict and victory

For personal study or groups

Your name

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How to use these notes. Watch each part's video on biblehelp.net, or read the text below. Look up each passage in your own Bible and write the answer on the lines. The verses are printed at the back if you need them. At the end there are questions to think about on your own or to discuss in a group.

PART 1

A Christian should be what he is

Romans so far

The world is condemned and cannot save itself. God's righteousness is credited as a gift, received by faith. The result is the reversal of the misery brought by Adam.

The topic of this study is **"A believer's conflict and victory" (Romans 6:1–8:39)**. Those who wear Christ's righteousness should live righteously. Though it is a struggle, the result is certain victory.

A Christian should be what he is (6:1–7:6)

1. Christians are dead, buried and risen with Christ (6:1–14). Salvation depends on our union with Christ, and baptism pictures it (vv. 1–6). If we are dead to sin, we should not sin; if we are alive, we should live for God (vv. 7–14).

1 **Read Romans 6:1–14**

What has happened to everyone who is united with Christ? How should that show in the way they live?

2. Christians are free from slavery to sin (6:15–23). Whoever sins is a slave of his sinful nature (vv. 15–16; compare John 8:34). Our bodies should be slaves of righteousness, and of God (vv. 17–22).

2 **Read Romans 6:15–23**

Whose slaves are we, one or the other? How can people think they are free when they are slaves of sin?

See also: John 8:34.

3. Christians are free from the law as a way of salvation (7:1–6). Death in Christ has freed us from the law (compare Acts 15:10), as death ends a marriage (vv. 1–4). Our new "marriage" to Christ results in fruitful and willing service (v. 6).

3 **Read Romans 7:1–6**

What are believers set free from? Why do they now want to serve God?

See also: Acts 15:10.

PART 2

A Christian's struggle

The struggle (7:7–25)

1. Paul and the law before he became a Christian – past tense (7:7–13). God's law stirred up sinful desires (vv. 5, 8) and pronounced death (vv. 9–13). Sin, not the law, was the root cause of death (v. 13).

4 **Read Romans 7:7–13**

What did the commandment stir up in Paul? Can you think of an example of wanting something just because it is forbidden?

2. Paul and the law after he became a Christian – present tense (7:14–25). Paul struggles to obey the law, but fails because of his sinful nature (vv. 14–17). He longs to be rescued from his sinning body (vv. 18–25).

5 **Read Romans 7:14–25**

What does Paul want to do, and what does he find himself doing? Why does this struggle show that he belongs to Christ?

PART 3

A Christian's victory

Victory (chapter 8)

1. Victory over the guilt and power of sin (8:1–17). The Christian is not condemned, for Christ has done everything for him (vv. 1–4). God's Spirit helps him put sin to death (vv. 5–13). The Spirit assures him that he is a child of God (vv. 15–17).

6 **Read Romans 8:1–17**

What does the Spirit of God do for those who belong to Christ?

2. Victory over suffering – ultimately (8:18–30). Creation and believers groan for release from suffering (vv. 18–23). The Spirit groans within the believer, helping him to pray (vv. 26–27). The chain of God's predestination guarantees heaven's glory and full freedom (vv. 28–30).

7 **Read Romans 8:18–30**

For whose good does God work all things together? Why does being sure of the end help us keep going?

3. Victory, because God is on our side (8:31–39). He freely gives us lesser gifts, having given us His greatest gift – Jesus (vv. 31–32). No one can condemn us, or separate us from His unchanging love in Christ (vv. 33–39).

8 **Read Romans 8:31–39**

If God is for us, who can be against us? What can separate us from God's love?

See also: John 10:29.

To conclude

Paul now goes on to discuss Israel's rejection of Christ. This is the topic of the next study.

THINK IT THROUGH

Questions for reflection and discussion

1. What difference should it make that you have died and been raised with Christ?

2. Do you recognise Paul's struggle in Romans 7 in your own life?

3. Which promise in Romans 8 gives you most confidence?

HIDE IT IN YOUR HEART

Memory verse for study 3

Learn this verse by heart this week. Cut out the card and keep it where you will see it.

GOSPEL IN ROMANS · STUDY 3 · MEMORY VERSE

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

Romans 8:1

Berean Standard Bible · biblehelp.net

“I have hidden Your word in my heart that I might not sin against You.” (Psalm 119:11, BSB)

AT THE BACK

The Bible passages (BSB)

1 **Romans 6:1–14** *[1]What then shall we say? Shall we continue in sin so that grace may increase? [2]Certainly not! How can we who died to sin live in it any longer? [3]Or aren't you aware that all of us who were baptized into Christ Jesus were baptized into His death? [4]We were therefore buried with Him through baptism into death, in order that, just as Christ was raised from the dead through the glory of the Father, we too may walk in newness of life. [5]For if we have been united with Him like this in His death, we will certainly also be united with Him in His resurrection. [6]We know that our old self was crucified with Him so that the body of sin might be rendered powerless, that we should no longer be slaves to sin. [7]For anyone who has died has been freed from sin. [8]Now if we died with Christ, we believe that we will also live with Him. [9]For we know that since Christ was raised from the dead, He cannot die again; death no longer has dominion over Him. [10]The death He died, He died to sin once for all; but the life He lives, He lives to God. [11]So you too must count yourselves dead to sin, but alive to God in Christ Jesus. [12]Therefore do not let sin reign in your mortal body so that you obey its desires. [13]Do not present the parts of your body to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life; and present the parts of your body to Him as instruments of righteousness. [14]For sin shall not be your master, because you are not under law, but under grace.*

2 **Romans 6:15–23** *[15]What then? Shall we sin because we are not under law, but under grace? Certainly not! [16]Do you not know that when you offer yourselves as obedient slaves, you are slaves to the one you obey, whether you are slaves to sin leading to death, or to obedience leading to righteousness? [17]But thanks be to God that, though you once were slaves to sin, you wholeheartedly obeyed the form of teaching to which you were committed. [18]You have been set free from sin and have become slaves to righteousness. [19]I am speaking in human terms because of the weakness of your flesh. Just as you used to offer the parts of your body in slavery to impurity and to escalating wickedness, so now offer them in slavery to righteousness leading to holiness. [20]For when you were slaves to sin, you were free of obligation to righteousness. [21]What fruit did you reap at that time from the things of which you are now ashamed? The outcome of those things is death. [22]But now that you have been set free from sin and have become slaves to God, the fruit you reap leads to holiness, and the outcome is eternal life. [23]For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

3 **Romans 7:1–6** *[1]Do you not know, brothers (for I am speaking to those who know the law), that the law has authority over a man only as long as he lives? [2]For instance, a married woman is bound by law to her husband as long as he lives. But if her husband dies, she is released from the law of marriage. [3]So then, if she is joined to another man while her husband is still alive, she is called an adulteress; but if her husband dies, she is free from that law and is not an adulteress if she marries another man. [4]Therefore, my brothers, you also died to the law through the body of Christ, that you might belong to another, to Him who was raised from the dead, in order that we might bear fruit to God. [5]For when we lived according to the flesh, the sinful passions aroused by the law were at work in our bodies, bearing fruit for death. [6]But now, having died to what bound us, we have been released from the law, so that we serve in the new way of the Spirit, and not in the old way of the written code.*

4 **Romans 7:7–13** *[7]What then shall we say? Is the law sin? Certainly not! Indeed, I would not have been mindful of sin if not for the law. For I would not have been aware of coveting if the law had not said, "Do not covet." [8]But sin, seizing its opportunity through the commandment, produced in me every kind of covetous desire. For apart from the law, sin is dead. [9]Once I was alive apart from the law; but when the commandment came, sin sprang to life and I died. [10]So I discovered that the very commandment that was meant to bring life actually brought death. [11]For sin, seizing its opportunity through the commandment, deceived me and through the commandment put me to death. [12]So then, the law is holy, and the commandment is holy, righteous, and good. [13]Did that which is good, then, become death to me? Certainly not! But in order that sin might be exposed as sin, it produced death in me through what was good, so that through the commandment sin might become utterly sinful.*

5 **Romans 7:14–25** *[14]We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. [15]I do not understand what I do. For what I want to do, I do not do. But what I hate, I do. [16]And if I do what I do not want to do, I admit that the law is good. [17]In that case, it is no longer I who do it, but it is sin living in me that does it. [18]I know that nothing good lives in me, that is, in my flesh; for I have the desire to do what is good, but I cannot carry it out. [19]For I do not do the good I want to do. Instead, I keep on doing the evil I do not want to do. [20]And if I do what I do not want, it is no longer I who do it, but it is sin living in me that does it. [21]So this is the principle I have discovered: When I want to do good, evil is right there with me. [22]For in my inner being I delight in God's law. [23]But I see another law at work in my body, warring against the law of my mind and holding me captive to the law of sin that dwells within me. [24]What a wretched man I am! Who will rescue me from this body of death? [25]Thanks be to God, through Jesus Christ our Lord! So then, with my mind I serve the law of God, but with my flesh I serve the law of sin.*

6 **Romans 8:1–17** *[1]Therefore, there is now no condemnation for those who are in Christ Jesus. [2]For in Christ Jesus the law of the Spirit of life set you free from the law of sin and death. [3]For what the law was powerless to do in that it was weakened by the flesh, God did by sending His own Son in the likeness of sinful man, as an offering for sin. He thus condemned sin in the flesh, [4]so that the righteous standard of the law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit. [5]Those who live according to the flesh set their minds on the things of the flesh; but those who live according to the Spirit set their minds on the things of the Spirit. [6]The mind of the flesh is death, but the mind of the Spirit is life and peace, [7]because the mind of the flesh is hostile to God: It does not submit to God's law, nor can it do so. [8]Those controlled by the flesh cannot please God. [9]You, however, are controlled not by the flesh, but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. [10]But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. [11]And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who lives in you. [12]Therefore, brothers, we have an obligation, but it is not to the flesh, to live according to it. [13]For if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. [14]For all who are led by the Spirit of God are sons of God. [15]For you did not receive a spirit of slavery that returns you to fear, but you received the Spirit of adoption to sonship, by whom we cry, "Abba! Father!" [16]The Spirit Himself testifies with our spirit that we are God's children. [17]And if we are children, then we are heirs: heirs of God and co-heirs with Christ—if indeed we suffer with Him, so that we may also be glorified with Him.*

7 **Romans 8:18–30** *[18]I consider that our present sufferings are not comparable to the glory that will be revealed in us. [19]The creation waits in eager expectation for the revelation of the sons of God. [20]For the creation was subjected to futility, not by its own will, but because of the One who subjected it, in hope [21]that the creation itself will be set free from its bondage to decay and brought into the glorious freedom of the children of God. [22]We know that the whole creation has been groaning together in the pains of childbirth until the present time. [23]Not only that, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. [24]For in this hope we were saved; but hope that is seen is no hope at all. Who hopes for what he can already see? [25]But if we hope for what we do not yet see, we wait for it patiently. [26]In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words. [27]And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. [28]And we know that God works all things together for the good of those who love Him, who are called according to His purpose. [29]For those God foreknew, He also predestined to be conformed to the image of His Son, so that He would be the firstborn among many brothers. [30]And those He predestined, He also called; those He called, He also justified; those He justified, He also glorified.*

8 **Romans 8:31–39** *31What then shall we say in response to these things? If God is for us, who can be against us? 32He who did not spare His own Son but gave Him up for us all, how will He not also, along with Him, freely give us all things? 33Who will bring any charge against God's elect? It is God who justifies. 34Who is there to condemn us? For Christ Jesus, who died, and more than that was raised to life, is at the right hand of God—and He is interceding for us. 35Who shall separate us from the love of Christ? Shall trouble or distress or persecution or famine or nakedness or danger or sword? 36As it is written: "For Your sake we face death all day long; we are considered as sheep to be slaughtered." 37No, in all these things we are more than conquerors through Him who loved us. 38For I am convinced that neither death nor life, neither angels nor principalities, neither the present nor the future, nor any powers, 39neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Scripture: Berean Standard Bible (BSB), public domain. Quotations keep its American spelling. Like many English Bibles, it often says 'man', 'he' or 'brothers' where it means people in general, men and women alike.

FOR GROUP LEADERS

Study 3: Conflict and victory

> **Memory verse:** “Therefore, there is now no condemnation for those who are in Christ Jesus.” (Romans 8:1). Say it together at the end, and ask who can say it without looking.

Aims

- Show that those declared righteous should live righteously: united with Christ, free from sin's slavery and from the law as a way of salvation.
- Understand the believer's honest struggle with sin (Romans 7).
- Rejoice in the victory of Romans 8: no condemnation, the Spirit's help, the "golden chain", and God's unbreakable love.

Suggested timing (about 75 minutes)

- **5 min** Welcome and short prayer.
- **20 min** Part 1 video (4 min); Romans 6:1–14, 6:15–23, 7:1–6.
- **20 min** Part 2 video (3 min); Romans 7:7–13, 7:14–25.
- **25 min** Part 3 video (4 min); Romans 8:1–17, 8:18–30, 8:31–39.
- **5 min** Summary and closing prayer.

Tips

- The authors read Romans 7:14–25 as Paul's experience as a Christian (present tense). Some will ask; the struggle itself shows new life.
- Romans 8:28–30 grounds the believer's security in God's purpose. Encourage, don't speculate.
- Keep the balance: grace never makes holiness optional (6:1–2).

Answers to watch for

- **6:1–14:** baptised into Christ's death; count yourselves dead to sin, alive to God.
- **6:15–23:** slaves to God; the fruit leads to holiness, and the outcome is eternal life.
- **7:1–6:** died to the law, belonging to Christ; serving in the new way of the Spirit.
- **7:7–13:** the law is holy; sin used the commandment.
- **7:14–25:** the struggle; "Thanks be to God… through Jesus Christ our Lord!"
- **8:1–17:** no condemnation; the Spirit gives life, helps, and testifies we are God's children.
- **8:18–30:** present sufferings vs glory; all things work for good; foreknew, predestined, called, justified, glorified.
- **8:31–39:** if God is for us…; nothing can separate us from His love.