




## Connect

Have you ever participated in a really intense training camp or crash course for a sport, hobby, or job? What was the hardest part about trying to improve your skills so quickly?

## Verses - Romans 7:1-6 (CSB)

**Read aloud:**

1 Do you not know, brothers and sisters—for I am speaking to those who know
the law—that the law has authority over someone only as long as that person
lives? 2 For example, by law a married woman is bound to her husband as long
as he is alive, but if her husband dies, she is released from the law that binds her
to him. 3 So then, if she has sexual relations with another man while her
husband is still alive, she is called an adulteress. But if her husband dies, she is
released from that law and is not an adulteress if she marries another man.
4 So, my brothers and sisters, 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 for God. 5 For when we were in the realm of
the flesh, the sinful passions aroused by the law were at work in us, so that we
bore fruit for death. 6 But now, by dying to what once 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.

**Briefly restate the context. How is it encouraging, challenging, comforting, etc.?**

# Study

**Answer the questions together based on the Bible verses:**

1. According to vv.1-3, how long does the law have authority over a person? Paul uses marriage as an example, but what specific event completely breaks the legal relationship between a husband and wife?

2. In v.4, Paul says we died to the law through the body of Christ. If we are no longer married to the law, who do we now belong to and what is the final purpose of this completely new relationship?

3. Looking at v.5, what was our condition when we lived in the flesh under the law? How did the law actually affect our sinful passions and what kind of fruit did it produce?

4. Based on v.6, we have been completely released from the law by dying to what once held us. Instead of trying to obey written rules by our own human strength, how does serving in the newness of the Spirit help us naturally bear fruit for God?

# Share

**Discuss 1**

Pastor Takeshi talked about going to intense summer sports camps to improve his skills. But he said being a Christian is not just an upgrade or improving our behavior. Why is it so important to understand that God gives us a completely new life instead of just making us a slightly better version of our old selves?

**Discuss 2**

Pastor Takeshi explained that under the law God wrote His commands on paper but under grace He engraves them on our hearts through the Holy Spirit. He said the Christian life is about God working in us rather than us trying to do the impossible by ourselves. What is one practical way you can stop relying on your own strength and ask the Holy Spirit to guide you this week?

**Minister to one another through PRAYER sharing *specific* prayer requests.**