

Week of October 25, 2026 - The Role of the Law & the Commandments Small Group Study 19

Connect

Have you ever gone on a diet or fast, and suddenly found yourself craving the exact foods you were not allowed to eat? How did having a strict rule change the way you thought about that specific food?

Verses - Romans 7:7-13 (CSB)

Read aloud:

7 What should we say then? Is the law sin? Absolutely not! But I would not have known sin if it were not for the law. For example, I would not have known what it is to covet if the law had not said, Do not covet.[a] 8 And sin, seizing an opportunity through the commandment, produced in me coveting of every kind. 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 again.10 and I died. The commandment that was meant for life resulted in death for me. 11 For sin, seizing an opportunity through the commandment, deceived me, and through it killed me. 12 So then, the law is holy, and the commandment is holy and just and good. 13 Therefore, did what is good become death to me? Absolutely not! But sin, in order to be recognized as sin, was producing death in me through what is good, so that through the commandment, sin might become sinful beyond measure.

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.7-8, the law is not sin but it helps us know what sin is. Since our salvation is already a secure free gift, why is it still helpful for God's commands to expose the hidden desires of our hearts?

2. In vv.9-11, Paul says that before he understood the law he felt alive, but the command caused sin to spring to life and kill him. If the law only brings death and cannot save us, how does this prove we must rely completely on Jesus instead of our own good works?

3. Looking at v.12, Paul writes that the law itself is holy, just, and good. Since the law shows us God's perfect character, how does it help us see that we can never be holy just by trying harder on our own?

4. Based on v.13, the law was given so that we could fully recognize our sin. How does realizing our complete inability to follow the rules actually help us surrender to the Holy Spirit to change us naturally?

Share

Discuss 1

Pastor Takeshi taught that we can respond to God's commands by ignoring them, judging others, or admitting our own deep need for Jesus. Can you share a time when you stopped making excuses and finally admitted you needed God's help to change?

Discuss 2

Pastor Takeshi mentioned a non-Christian man who thought he obeyed all the rules until he understood the command about not coveting. Why is it so much harder to control the hidden desires of our hearts than it is to control our outward actions?

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