

Week of November 1, 2026 - You Are in a War | Small Group Study 20

Connect

Have you ever had an important task that you really wanted to finish but you suddenly found yourself watching random videos or cleaning your room instead? Why is there often such a big gap between what we know we should do and what we actually do?

Verses - Romans 7:14-25 (CSB)

Read aloud:

14 For we know that the law is spiritual, but I am of the flesh, sold as a slave
under sin. 15 For I do not understand what I am doing, because I do not practice
what I want to do, but I do what I hate. 16 Now if I do what I do not want to do,
I agree with the law that it is good. 17 So now I am no longer the one doing it,
but it is sin living in me. 18 For I know that nothing good lives in me, that is, in
my flesh. For the desire to do what is good is with me, but there is no ability to
do it. 19 For I do not do the good that I want to do, but I practice the evil that I
do not want to do. 20 Now if I do what I do not want, I am no longer the one
that does it, but it is the sin that lives in me. 21 So I discover this law: When I
want to do what is good, evil is present with me. 22 For in my inner self I delight
in God's law, 23 but I see a different law in the parts of my body, waging war
against the law of my mind and taking me prisoner to the law of sin in the parts
of my body. 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 myself am serving the law of God, but with my flesh, the law of sin.

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.14-15, Paul says the law is spiritual. How does he describe his own flesh, and what does he end up doing instead of what he actually wants to do?

2. In vv.16-19, Paul explains why he fails to obey God. According to v.18, what exactly does Paul say is missing from his flesh even when he has a strong desire to do good?

3. Looking at vv.20-23, Paul describes a war happening inside himself. What law does his inner mind delight in, and what does the different law in his body do to him?

4. Based on vv.24-25, what solution does Paul give to remedy the problem mentioned in v.23?

Share

Discuss 1

Pastor Takeshi shared how he lied about his body temperature at the hospital because he was afraid he could not see his dad. He realized that, just like Adam and Eve, he acted in the flesh because he failed to trust God. When we face a stressful situation, why is it often so hard to simply trust God instead of trying to take control ourselves?

Discuss 2

Pastor Takeshi shared how he ruined his family meal at Atami because he was angry about not getting the grilled fish he wanted. He really wanted to be a loving father but he gave in to his flesh. When we fail and let our flesh take over, how can we respond in a Christlike way to restore our relationships with God and others?

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