



ROMANS

SERMON OUTLINE

Sunday Jan 28th, 2018

Pastor David Cooke - Winning The Battle Within
Romans 7

- There Is Hope For Freedom (7:1-6)



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- **Who To Blame? What To Blame? (7:7-13)**

- **The Battle Within, The Traitor Within (7:14-25)**

A) I'll Be Good?

B) Be Good, Do Good?

- **Amazing Grace**



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LIFE GROUP GUIDE

We connect in Life Groups to:

- Connect with God and each other
- Connect the Bible to life
- Connect with the community through serving together

Ice Breaker Who is a favorite hero of yours? (It can be a fictional character or a real person). What is it you admire about them?

Prayer Tithe: Our desire is that you give 10% of your time to God in prayer. Before your sermon discussion, pray together.

This Week: “Winning The Battle Within” Romans 7:1-25, 8:1

1. Looking back at your notes from this week’s teaching, was there anything that you heard for the first time, caught your attention, challenged, or confused you?

2. This weekend we heard the song, “I’ll Be Good” by Jaymes Young. What is your initial reaction to the following lyrics? How can you identify with them?

“I’ll be good, I’ll be good. And I’ll love the world, like I should.

Yeah, I’ll be good, I’ll be good. For all of the times I never could.”



Romans chapter 7:13-25 describes our human condition. The redeemed inner person longs to serve and obey God, whereas the flesh still draws us to serve sin. Whether or not we admit it, we all contend with this struggle. We all fall short of *being* and *doing* what we think we should. This weekend, Pastor David described this wrestling with the power of sin in our lives as the “*traitor within.*”

3. Read 1 Corinthians 10:12 and James 1:13-16. What happens when we fail to take the traitor within seriously?

At one time or another we all fall under the influence of the traitor within. Realizing that we are giving in to temptation can be quite humbling and frightening to admit.

4. What hope and incentive do the following verses give us when this occurs? (Ps. 18:12; Is. 57:15; Heb. 4:14-16; Jam. 4:6).



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We often fall victim to the traitor within because we don't understand how subtle temptation is. Temptation takes us through a series of small compromises and/or unwise decisions until we are enticed into sinning.

5. How can the following passages help prepare you to deal with any temptations that may come your way? (Gal. 6:7-10; Rom. 6:12-13; Heb. 2:17-18).

6. What do the following passages say about community as a help? (Ps. 1:1; Prv. 13:10; Prv. 27:17; Acts 2:42; Heb. 10:24-25).

Paul makes clear that God never intended for the law to address the problem of sin. The law promotes knowledge of sin rather than offering a solution.

7. How does Romans 8:1 bring you hope for today and tomorrow?



TAKING IT HOME

At Cold Springs Church we talk about the value of a “3AM Friend.” That person(s) who has your back and will bring Jesus’ truth into your friendship. Our conviction is that a deeper life with God happens through a deeper life with each other. We place the highest value on personal relationships and doing God’s work together.

8. Read Eccl. 4:9-12; Col. 1:13-14; Eph. 4:15-16. How do your friendships help bring things out of the dark and into the light of God’s redeeming love and grace?

9. Looking back over this week’s sermon and study guide, what’s the most important thing for you to remember and put into action?

10. We multiply the riches when we read and share the Bible together. How can you share the joy, peace, and conviction you’ve been given by God with others?



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