

Small group optional guide: Romans series: “I do what I hate - Romans 7:14-25”

UP; we grow in our love for Jesus through the word & worship

WORD:

Romans 7:14–25 gives voice to an experience every sincere believer recognizes: the deep tension between wanting to follow God wholeheartedly and discovering the persistent pull of sin. The passage opens with the acknowledgement that God’s law is good and spiritual, yet human nature remains weak and vulnerable. This creates a painful conflict within the believer: “I do not do what I want, but I do the very thing I hate” (Romans 7:15). The problem is not that God’s standards are unclear; the problem is that the power to live them out does not come from human effort alone.

This inner struggle reveals two realities at work in the believer. On one hand, there is a renewed desire to obey God and delight in his ways: “I delight in the law of God, in my inner being” (Romans 7:22). On the other hand, there is the lingering presence of sin, described as a force that wages war against this renewed mind: “I see in my members another law waging war... making me captive to the law of sin” (Romans 7:23). The Christian life, therefore, is not a peaceful coasting into holiness but a spiritual battleground. The conflict itself is evidence of new life; indifference to sin belongs to the old life, not the new.

This passage also exposes the limits of willpower. Desire alone is not enough: “I have the desire to do what is right, but not the ability to carry it out” (Romans 7:18). Even strong intentions fail when they rely only on human determination. This is why religious rule-keeping cannot bring transformation. God’s law reveals what is good, but it does not provide the power to live it. The result of trying harder without divine help is frustration, shame, and a growing awareness of weakness.

The struggle reaches a breaking point in a cry of desperation: “Wretched man that I am! Who will deliver me from this body of death?” (Romans 7:24). This is not self-pity; it is honest surrender. True freedom begins when the heart admits that self-rescue is impossible. The turning point comes immediately with thanksgiving: “Thanks be to God through Jesus Christ our Lord!” (Romans 7:25). Deliverance does not come from greater resolve but from a greater Savior. Hope is not found in the strength of the will but in the sufficiency of Christ.

This passage prepares the way for the promise of life in the Spirit. Freedom from sin’s dominion flows from dependence on God’s power, not self-reliance. Elsewhere the Scriptures clarify this path: setting the mind on the Spirit leads to life and peace (Romans 8:5–6), and ongoing transformation involves bringing thoughts under Christ’s authority (2 Corinthians 10:5). The battle against sin is real, but it is not fought alone. God provides strength through the Holy Spirit, wisdom...

(...continued) through his word, and protection through spiritual vigilance.

Worship becomes the natural response to grace. Gratitude flows not because the struggle is over, but because victory is certain in Christ. The journey of growth involves repentance, humility, and daily dependence. The Christian life is not about trying harder to defeat sin through sheer effort; it is about trusting deeper—leaning on Christ, walking by the Spirit, and receiving the grace that empowers obedience. This posture reshapes failure into an invitation to return to God’s mercy and reshapes weakness into a place where God’s power is made known.

Discussion Questions:

- Where do you most clearly experience the tension described in Romans 7:15–23—wanting to do what is right but feeling pulled in another direction? How have you tried to “fix” this in your own strength?
- How does Romans 7:24–25 challenge the idea that growth comes mainly from trying harder? What would it look like in practical terms to trust deeper in Christ this week?
- What habits or rhythms could help you depend more intentionally on the Holy Spirit rather than on willpower alone (see Romans 8:5–6)?

Worship songs from Sunday:

And Can It Be / Who Else / Behold The Lamb Of God / Jesus Have It All

IN; we connect and learn to love one another &

OUT; we reach out to show people outside of JCC that God loves them

Have a look at the other page for 2 fantastic opportunities for Small Group fellowship and outreach!

IN; we connect and learn to love one another &

OUT; we reach out to show people outside of JCC that God loves them

BOOK NOW

JUBILEE COMMUNITY CHURCH

GUINNESS 6 NATIONS

Saturday 7th March | 4 - 8pm

All Welcome | Food Provided | £5

JUBILEE COMMUNITY CHURCH

JFW Connect & Create

Meet new people, make something new

Saturday 14th March | 7:30 - 9:30pm

Jubilee for Men - JFM

This is an opportunity for families and friends to come together and watch the match between England and Italy of The Six Nations Rugby Tournament. Doors will be open at 4pm and kick off is at 4:40pm. Burgers/Sausages will be served before the match starts. All ages welcome.

Please sign up for this event for £5 so that we can ensure we purchase sufficient food for everyone.

Both of these events would make for fantastic Small Group socials but also ways to invite your friends, neighbours and connections to come and experience our church without any stereotypical religious hurdles that may prevent someone from accepting your invitation.

Jubilee for Women - JFW

This is a brilliant way to connect with other women who are part of JCC but also an opportunity to invite friend and neighbours to join for some creative fun and fellowship.

The café will be open and there will be options of creative fun to choose from.

Please go to our website calendar, go the Featured events and sign up.

CALENDAR **CONTACT US**

7	8
<input checked="" type="checkbox"/> JFM Six Nations BBQ 4:00pm	Pre Service Prayer 9:15am Sunday Service 10:00am <input checked="" type="checkbox"/> Joining JCC Course 10:15am Cluster leaders meeting 12:00pm
14	15
Men's Prayer 7:30am <input checked="" type="checkbox"/> JFW Connect and Create 7:30pm	Pre Service Prayer 9:15am Sunday Mother's Day Service 10:00am Summer term courses sign up 10:00am