SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

Romans

Chapter 7

The Law, the Flesh, and the Deliverer

MEMORY VERSE · ROMANS 7:24–25A

"Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord!"

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in Romans 7

Romans 7 is the most honest chapter a man can read: an apostle admits he does the very thing he hates. This week, let God's holy Law show you the truth about your heart without letting it crush you. The chapter does not end with a better rule; it ends with a Rescuer — thanks be to God through Jesus Christ our Lord.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study, the slides and the film for this chapter are on the Romans study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

Dead to the Law, Joined to Another

READ · ROMANS 7:1–6

OBSERVE — WHAT DOES IT SAY?

In Paul's marriage picture (vv. 2–3), who dies and what does that set free? Then in verse 4, who is the one who "died," and who are we joined to now?

REFLECT

Verse 4 says we were joined to Christ "in order that we might bear fruit for God," and verse 5 says the old life bore "fruit for death." Looking at the last month, what fruit is your life bearing, and for whom?

REFLECT

Paul says we now serve "in newness of the Spirit and not in oldness of the letter" (v. 6). Where are you still trying to keep God happy by rule-keeping instead of living as a man who belongs to Him?

RESPOND — TODAY

Write down one piece of fruit you want God to grow in you this week. Ask Him for it by name, as a man married to the risen Christ.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 7:24–25A)

DAY 2 OF 5

Is the Law Sin? May It Never Be!

READ · ROMANS 7:7–13

OBSERVE — WHAT DOES IT SAY?

Which commandment does Paul name in verse 7? According to verses 8 and 11, what did sin do with that commandment?

REFLECT

Verse 8 says sin, "taking opportunity through the commandment," stirred up the very desire it forbids. Where has a "do not" made you want something more — and what does that show you about your heart, not the rule?

REFLECT

Paul says the Law is "holy and righteous and good" (v. 12) even though sin used it to kill him. Why is it important not to blame God's commands, your past, or other people for the sin in you?

RESPOND — TODAY

Name the one desire sin most often uses against you. Confess it to God today in plain words, and thank Him that the Law exposed it so that Christ could deal with it.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (ROMANS 7:24–25A)

DAY 3 OF 5

The War Within

READ · ROMANS 7:14–17

OBSERVE — WHAT DOES IT SAY?

Write down, in Paul's own words, what he wants to do and what he actually does in verse 15. What does he say about the Law in verses 14 and 16?

REFLECT

"I am doing the very thing I hate" (v. 15). Where in your life right now do you know exactly what that feels like?

REFLECT

Paul says, "no longer am I the one doing it, but sin which dwells in me" (v. 17). What is the difference between using that line as an honest diagnosis and using it as an excuse?

RESPOND — TODAY

Tell one brother this week about one place where you are fighting this war. You do not have to give every detail — just stop fighting it alone.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 7:24–25A)

DAY 4 OF 5

Two Laws at War

READ · ROMANS 7:18–23

OBSERVE — WHAT DOES IT SAY?

List what Paul says is "present" in him and what is not (vv. 18, 21). What does he say he does in "the inner man" (v. 22), and what does he see in his members (v. 23)?

REFLECT

"I joyfully concur with the law of God in the inner man" (v. 22). Where do you see even a small delight in God's ways in yourself — and what might that tell you about what God has already done in you?

REFLECT

Verse 23 describes a war that makes Paul "a prisoner of the law of sin." Where has that pull been strongest for you lately, and what has it been using as its base of operations — a place, a time, a person, a feeling?

RESPOND — TODAY

Remove one "base of operations" sin has been using in your day — a habit, a setting, a time slot — and replace it with something that feeds the new man, like the Word, prayer or a call.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 7:24–25A)

DAY 5 OF 5

Wretched Man — Thanks Be to God

READ · ROMANS 7:24–25

OBSERVE — WHAT DOES IT SAY?

Paul's cry in verse 24 begins with "Who," not "What" or "How." What does that tell you about the kind of answer he is looking for? What is the answer in verse 25?

REFLECT

When you cry, "Who will set me free from the body of this death?" (v. 24), where do you usually look first — a method, a program, your own willpower, or a Person?

REFLECT

Paul goes from "Wretched man that I am!" to "Thanks be to God" in one breath (vv. 24–25). What would it look like for you to end your own struggle this week with thanks instead of a new resolution?

RESPOND — TODAY

Read verses 24–25 out loud, then read Romans 8:1 right after it. Thank Jesus by name for being the One who sets you free.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 7:24–25A)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Paul calls the Law "spiritual" but himself "of flesh, sold into bondage to sin" (v. 14). How has God's Word shown you something about yourself that you could not see on your own?

FOR THE GROUP · 2

Verses 9–11 tell Paul's fall in the same shape as Eden — a good command, a deceiver, and death. How has sin deceived you by promising life and paying out death?

FOR THE GROUP · 3

An apostle wrote "Wretched man that I am!" to a church he had never visited. How does Paul's honesty change what this group can be for the men around this table?

MY PRAYER

Father, Your Law is holy and it has shown me my sin, and when I cry out, "Who will set me free from the body of this death?" I look to Jesus and ask You…

CUT OUT · CARRY IT · ROMANS 7:24–25A

"Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord!"