

The War Within

ROMANS 7:7-25

Sunday, March 22, 2026 | Wawasee Bible | Milford, Indiana | Pastor Josh Weiland

God’s law is not the **PROBLEM**—it is *good*, (v. 7, 12-14)

it names sin v. 7 Romans 3:20; 4:15; 5:13–14; Galatians 3:19

it exposes truth v. 13 Romans 5:20; Psalm 19:7–10; Hebrews 4:12; Psalm 119:105

the **TRAITOR** within is, (v. 15-23)

a traitor within Genesis 3:6; Jeremiah 17:9; Mark 7:21–23; James 1:14; 1 John 1:8

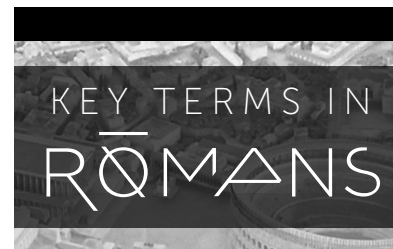
↔ **the war is real** Galatians 5:17; 1 Peter 5:8–9; Psalm 19:12–13; 1 John 4:4; Ecclesiastes 7:20

↕ and only Jesus can **RESCUE US**. (v. 24-25)

self-help is no help John 15:4–5; Philippians 2:13; Acts 15:10; Galatians 3:10

Christ alone rescues John 19:30; Matthew 5:17–20; Galatians 2:19; 1 Timothy 1:15; Hebrews 2:14–15

We are *sent* to love people and invite them to follow Jesus with us.



Here’s a few key terms that are helpful to understand as you read Romans:

SIN

The Greek word Paul uses (*hamartia*) is actually an **archery** term. It means to miss the mark, or fail to hit the target. Theologically it means to fall short of the target of God’s glory and perfection, breaking our relationship with him.

PROPITIATION

This is a **religious** term that Paul uses, and it means to “turn away wrath” or “to satisfy justice.” Some translations will use the term “**atonement**”, but propitiation may be better because it includes the idea of turning away God’s wrath for sin. Jesus’s sacrificial death satisfies God’s justice, takes God’s wrath upon himself, and makes us right with God.

JUSTIFICATION

Justification is a **legal** term that means “to be declared righteous.” It is God’s act of **declaring** a sinner “right” with him through faith in Jesus.

REDEMPTION

To redeem was to buy back or **set free** by paying a ransom—it was a term used in association with **slavery**. Our freedom from sin’s slavery and death’s penalty is purchased by Jesus’s blood.

LAW

The “Law” refers to the 613 commands God gives through Moses in the first five books of the Old Testament (the Torah).

GRACE

The undeserved or unmerited favor of God.

RIGHTEOUSNESS

The perfect “rightness” of God in all things and in all of his ways. It is his total perfection.



Study Guide

Questions & Scripture for Further Study

What is this? – Each week people from Wawasee Bible meet in small groups in various homes to learn about Jesus, pray, eat, laugh, & live life together. **We call them Life Groups.** The questions here are based on the sermon each week (often a related part of Scripture), and guide each group’s study. If you’re interested in connecting with a Life Group, let us know on a Connect Card or at the Connect Desk!

Welcome to Life Group!

Getting to Know You

Part of our goal at Life Group is just learning more about each other. Toward that end, take some time to catch up with each other as you gather.

If it helps, here’s a question to discuss and get you going. Have everyone answer:

What’s something you know is good for you, but still find yourself resisting or avoiding?

Digging Deeper – A Bible Study

Use this guide for further personal and group study this week. For the most impact in your life and in your group, *work through it on your own before you gather with your Life Group.* If your Life Group isn’t gathering this week, use this guide for further study personally.

- 📖 **Read Romans 7:7-25.** Looking back at your notes from this week’s message, was there anything you heard for the first time or anything that caught your attention, challenged or confused you?
- 📖 **Romans 7:7-14** makes clear that God’s law, his commands, are good. In what ways does God’s word help you see sin more clearly instead of just making you feel guilty?
- 📖 **Read Romans 3:20 and Galatians 3:19.** What do these passages say the law does?
 - What does that keep us from expecting the law to do?

(Study Guide continues on back panel...)

At Wawasee, each of us is growing to increasingly live out these four roles as we follow Jesus together.



Secure Son/Daughter

I live each day increasingly confident in being a loved child of God—resting in grace, not striving to achieve approval.



Courageous Connector

I cultivate honest relationships that cross barriers and create belonging—even before belief.



Ready Storyteller

I live each day with a sense of sentness, ready to reveal my story and God's story.



Legacy Builder

Because of Jesus, I multiply what has been given to me by spiritually investing in others for kingdom impact.

Word Find in the **Word**

Find the words from a passage related to this week's message.

Word Find: Romans 7:21-25 (NIRV)

Find the words **bolded** below.

²¹ **Here** is the law I **find working** in me. **When I want** to do **good**, **evil** is **right there** with me. ²² **Deep** inside me I **find** joy in God's law. ²³ But I see **another** law **working** in the **parts** of my **body**. It **fighters** against the law of my **mind**. It **makes** me a **prisoner** of the law of sin. That law **controls** the **parts** of my **body**. ²⁴ What a **terrible failure** I am! Who will **save** me from this sin that **brings death** to my **body**? ²⁵ I **give thanks** to God. He will do it through **Jesus Christ** our **Lord**. So in my **mind** I am a **slave** to God's law. But in my sinful **nature** I am a **slave** to the law of sin.

F T M I N D G S D P R T
I H B O D Y O I S A I T
N A T U R E O J W R G S
D N F L O R D E A T H F
I K I M A K E S N S T F
V S G M P A E U T G F W
B A H C R N P S U I A O
R V T H I O W H C V I R
I E S R S T H E R E L K
N T T I O H E R I V U I
G G H S N E N E G I R N
S S O T E R R I B L E G
C O N T R O L S L A V E

4. At one time or another we all fall under the influence of our sinful nature, the traitor within. Realizing that we are giving in to temptation can be quite humbling and frightening to admit. What hope and incentive do the following verses give us when this occurs?

Proverbs 18:12 **Isaiah 57:15** **Hebrews 4:14-16** **James 4:6**

5. We often fall victim and give in to our sinful self 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. How could the following passages help prepare you to deal with any temptations that may come your way?

Galatians 6:7-10 **Romans 6:12-13** **Hebrews 2:17-18**

- Romans 7:24-25** makes it clear we can't help ourselves out of our sin problem. What are some subtle ways people still try to "self-help" their way out of sin, shame, or spiritual struggle instead of turning to Jesus?

Taking It Home

6. One of the roles we're aiming to grow in is that of a **Courageous Connector** as we follow Jesus together. It takes some courage to cultivate honest relationships, but that's one of the gifts God offers us to overcome sin and temptation.

If you're willing, answer this question to your group:

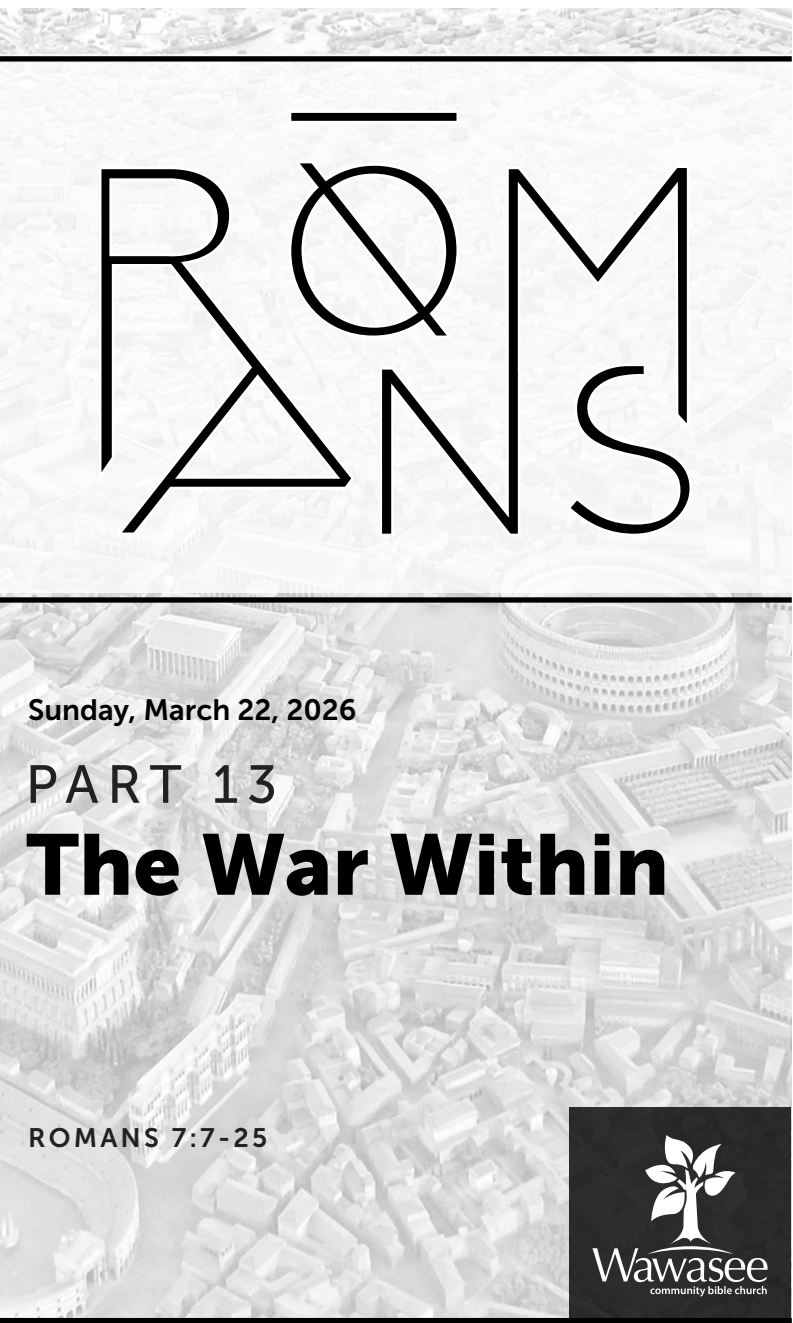
- Who in your life right now is helping to carry your tough stuff?

As you close, take time to pray for each other.



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PART 13

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We're Glad You're Here Today!

Scan QR code for our **App** with **Bulletin, Connect Card, & more.**
<https://wawasee.today>