

There Will Always Be Times When I Do What I Don't Want to Do

FCC Life Group Discussion Notes

Based on the "What God Wants Me to Know" Series of Matthew Rogers

Don Viers Preaching

07-06-2025

Summary of the Text

In Romans 7:1-25, Paul addresses the ongoing struggle believers' face with sin, even after salvation. He explains that while Christians are free from the penalty and power of sin through Christ, they are not free from its presence or possibility. Paul shares his personal battle, highlighting the tension between the desire to do good and the reality of falling short. The law reveals sin but cannot transform us, and willpower alone is insufficient to overcome it. Despite becoming a Christian, the struggle with sin persists, but God's grace, confession, and accountability provide the path forward. The key takeaway is that we are loved, belong to Jesus, and are being transformed by His Spirit, even in our failures.

Ice Breaker for Discussion

Question: Share a time when you made a promise to yourself (like waking up early or sticking to a diet) but struggled to follow through. How did it make you feel, and what did you learn from it?

Point 1: Knowledge Is Not the Answer

Scripture Reading: Ask [Someone] to read **Romans 7:9-10** aloud:

"At one time I lived without understanding the law. But when I learned the command not to covet, for instance, the power of sin came to life, and I died. So I discovered that the law's commands, which were supposed to bring life, brought spiritual death instead."

Summary: Paul explains that knowing the law—God's commands—does not stop sinful behavior. The law is good because it reveals sin, but it cannot transform us. Like an X-ray, it shows the problem but doesn't provide the cure. Awareness of sin increases our understanding of our need for God's grace, but knowledge alone cannot change our hearts or actions.

Discussion Questions:

1. How have you experienced the frustration of knowing something is wrong but still struggling to avoid it?
2. Why do you think knowledge of God's commands isn't enough to overcome sin in our lives?

Point 2: Self-Determination Will Not Succeed

Scripture Reading: Ask [Someone] to read **Romans 7:15** aloud:

“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.”

Summary: Paul confesses his inner turmoil, admitting that his own willpower fails to produce consistent obedience. Despite his desire to do what is right, he often does the opposite, revealing that human effort alone cannot defeat sin. This struggle is universal, as the flesh and Spirit are in conflict (Galatians 5:17). True victory over sin comes through reliance on Jesus, not self-determination.

Discussion Questions:

1. Can you relate to Paul’s struggle of wanting to do what’s right but doing the opposite? Share an example.
2. Why do you think relying on our own willpower often leads to failure in overcoming sin?

Point 3: Becoming a Christian Does Not Stamp Out All Sin and Temptation

Scripture Reading: Ask [Someone] to read **Romans 7:22-23** aloud:

“For in my inner being I delight in God’s law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.”

Summary: Paul acknowledges that even as a Christian, the struggle with sin continues. Salvation does not eliminate temptation or failure; in fact, the battle may intensify as the Spirit and flesh conflict. However, believers are not alone—God’s grace sustains them through the process of sanctification, and the Spirit empowers them to grow in holiness over time.

Discussion Questions:

1. Have you ever been surprised by how much you still struggle with sin after becoming a Christian? How did you respond?
2. How can we encourage one another to rely on God’s grace when facing ongoing temptations?

Recap of the Lesson

Romans 7 teaches us that the Christian life is marked by a real struggle with sin, even for those who love God and want to do what's right. Knowledge of the law, willpower, and even salvation do not eliminate the presence of sin or temptation. However, God's grace is greater than our failures. We are called to remember our identity in Christ, confess our sins to Jesus and trusted friends, and keep walking in faith, trusting that the Holy Spirit will complete the work He began in us.

Challenge Based on the Text

This week, identify one area where you struggle to do what you want to do and instead do what you hate. Commit to two actions:

1. Confess this struggle to Jesus in prayer, asking for His grace and strength (1 John 1:9).
2. Share this struggle with a trusted Christian friend and ask them to pray for you and check in on your progress (James 5:16). Reflect on how God's grace sustains you through this process.