



# the discipleship

## journey

FROM INVITATION TO IMPACT

### The Battle

**Date: February 25, 2024**

**Text: Romans 7:19; Matthew 6:13-26**

#### Big Idea:

Romans 7:19 sets up the battle we all face between doing what we know God wants us to do and doing what our flesh desires; this is the battle of sin and self. Paul expresses the heart of every human in Romans 7 as he articulates the constant wrestling and striving to lay down sinful desires to follow God's Word. His sin does not come from a lack of desire to do right, rather, from a realization of just how incapable he is as a human to defeat sin. This is why the knowledge of WHO Jesus is and what HE has done for us brings such victory- only by Him can our sin be defeated.

#### Opening Questions:

#### Notes on the Passage:

**(Verses Romans 7:19)** Paul's sin did not come from a lack of desire to do right or please God, rather, Paul recognizes the truth that as humans we are constantly at war with our broken flesh. This war is one we had no chance of winning until Jesus Christ came into our lives; when the Spirit comes into us through salvation, we are already promised victory. Now, two natures exist within our being, and this is the cause of this constant warring within us.

1. Have you sensed this warring- this constant back and forth- in your own life? Explain.
2. Our recognition that we are unable to defeat sin is not one of discouragement but hope in the freedom of Jesus. How can that be true? Do you face discouragement or shame at your inability to be perfect?

**(Verses Matthew 6:13-26)** Matthew chapter six covers key spiritual practices- not just how to do these things, but the heart you should have behind them. Jesus begins by teaching the disciples to pray, to forgive, and to fast. All of these things should be done as a way to honor and glorify God-not ourselves. The closer we grow in our relationship with God, the stronger the Spirit grows within us; the stronger the spirit the weaker the flesh. We overcome the battle within us not by clinched fists or perfection, but by folded hands and surrender.

1. What spiritual practices are you more drawn to naturally? Which ones do you want to grow in?
2. Why does the heart of the action matter more than the action itself?
3. What does it mean that we overcome by growing deeper in relationship with Jesus and not stronger in our own willpower?

#### Going Deeper:

1. Paul expresses his frustration at his sinful flesh, have you ever felt this way? Have you ever expressed this struggle to someone?
2. How do you feed the flesh? What are the fruits of the flesh?
3. How do you feed the Spirit? What are the fruits of the Spirit?



4. Why do you think Jesus took time to teach a highly religious culture how to pray, forgive, and fast?

**Additional Resources:**

[Messages on Matthew 6 | Desiring God](#)- Devotion Archive.

[Romans 7:1-12 – God's Grace is Greater than the Law \(youtube.com\)](#)- Sermon.

[Romans 7 in a Nutshell | WHO AM I? \(youtube.com\)](#)- Video Illustration

**Group Activity:**

Paul openly expressed his inner battle with sin and righteousness. Take time to write down your own inner struggle (no one will read this so be completely open). If it helps, draw a battle line down a piece of paper and write down the army on the flesh's side (sin struggles, lies from the enemy, shame...) and then write down the army on the Spirit's side (God's love and promises, Scripture, the Blood of Jesus...). Look and see how much stronger the Spirit always is over the flesh!