

# ROMANS

*A Daily Devotional  
Study Guide*



## *Day 1*

**Study:** Romans 7:1-13

**Reading:** James 1:13-15, Galatians 3:19-27

**Memory:** Matthew 5:16

### What Does the Bible Say?

To illustrate the difference between an unbeliever who is still dead in his sins and a believer who is alive in Christ, Paul used a commandment from the Old Testament Law. Under Old Testament Law, as long as a husband and wife were still living, they were to stay married to each other. If the husband or wife were to pass away, the spouse who remained alive would be allowed to remarry. On the other hand, if one of the spouses left the other and remarried, he or she would be considered an adulterer. This illustrated that since birth, we were in an unbreakable union with sin. The death of Christ on the cross allowed Him to conquer sin and put it to death in the life of those who believe. This allows a believer to be free from his commitment to sin and be joined together with Christ. The end result is a union with Christ and a life that bears fruit for God (vs 1-4).

While we were lost in our sins, the things we did in our bodies were bringing forth death. The things we did led us further and further away from the standard of God's holiness (vs 5). Through Christ, we have now been released from the power of sin and this allows us to serve Christ. The power we receive comes from the Holy Spirit who gives us the ability to live a new life for Christ (vs 6).

If all men were born sinners and could only be released from the power of sin by belief in Jesus Christ, what good was the Law that was given to the Jews? Paul stated that the Law was good in the sense that it helped people see what was right and wrong before God. He illustrated this by saying that the Law helped him know that it was wrong to be covetous (vs 7). Paul wasn't saying that the Law made him a sinner, because He was already a sinner by nature. The Law revealed his sin and made him a greater sinner because he wilfully chose to do what was contrary to the Law (vs 8).

At one time in his life, Paul thought he was alive because he was actively involved in the Jewish religion. Though he knew the Law



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## *WEEK 11*

mentally, he didn't understand why the Law had been given. When he really understood the Law, he understood why it had been given. This is when he realized his sin and his need for a Savior (vs 9). The Law that was given could have brought life if it was kept perfectly, but since men can't keep it perfectly, it brings about death. Since Paul was led to believe that keeping the Law brought about life, he was deceived and this deception almost caused him to experience eternal damnation (vs 10-11).

Did this mean that the Law was bad? To this Paul declared "God Forbid!" The Law was perfect because it was given from God, but the sin that the Law reveals brings about death. The Law was given so that men could see how extremely sinful they were (vs 12-13).

### **How Does this Apply to Me?**

Do you think that going to church and doing good things makes you right before God? Are you relying on some work like baptism or a prayer you said when you were little to save you from your sin? Millions of people are in the same boat that Paul was in at one time. They think they are pretty good and are trusting in themselves and some action they are performing or performed at one time for salvation. They try to keep the rules and regulations of the church and think that this will earn them a spot in heaven. They are deceived by the good things that they are doing. They need to understand that the only way to have true life is through the work of Christ.

On the other hand, many Christians fail to realize the victory they have been promised over sin and the abundant life they can have in Christ. They think that doing good things will earn them greater favor with God, but they fail to understand that any good thing they do only comes from the power of God in the first place. They strive to please God for a time, but then give up because they feel they can't be good enough for God. They fail to realize the joy that God promised to those who have a relationship with Him and fail to grow in an understanding of grace.

### **Thought for the day**

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## ***Day 2***

**Study:** Romans 7:14-25

**Reading:** Galatians 5:16-26, Psalm 119:169-176

**Memory:** Matthew 5:16

### **What Does the Bible Say?**

Paul had carefully spent time explaining how the Law revealed sin, but that the Law itself was good. He carried this thought a step further as he explained that the Law was perfect and he was sinful. Though he had been delivered from the power of sin because of Jesus Christ, he still lived in his earthly body which was sinful. This not only applied to Paul, but to all believers. Our spirits have been cleansed by the blood of Jesus Christ which gives us the victory over sin, but there are times where we will let our flesh run our lives and we choose to sin (vs 14).

Paul admitted that there were times where he did things that he didn't want to do. He would find himself committing the sins that he hated and didn't want to do. Paul's sinful nature helped him appreciate the perfect Law of God in a greater way. He realized how holy and righteous God was and how sinful his flesh was (vs 15-16).

If God's Law was perfect and holy and Paul was striving to obey God's Law because he saw how good it was, what was the problem? Why was he falling short? Paul declared that the problem wasn't in the new nature that he had been given through salvation, but the problem was in his sinful flesh. He realized that there was a constant battle in his life between the flesh and the spirit. Though his spirit had the power to win, there were times where he would give into the flesh (vs 17).

The thought was carried a step further as Paul declared that there was nothing good about his flesh. Though he desired to do what was right, there were times that his flesh would get in the way. He realized that he didn't sin because he wanted to, but because he allowed the flesh to take over and fulfill its natural desires (vs 18-20).

There was no way that Paul could get around the fact that evil would be present in his flesh for the rest of his life, though he didn't want it to be. He wanted to serve God and follow God's law, but he knew that this desire wouldn't always happen (vs 21-22). This is why Paul described it as a war

inside himself. The spirit and the flesh were in constant conflict. This caused Paul to describe himself as a “wretched man.” This didn’t mean that he was miserable, but that he was sinful. He realized the trouble and affliction that his flesh was causing in his life. He realized that he could do nothing to save himself, but could only rely on Jesus Christ to give him victory. Even after his conversion he realized that the only way to win the battle over the flesh was from a continual reliance upon Jesus Christ (vs 23-25).

## **How Does this Apply to Me?**

Do you sometimes get down and discouraged in your Christian life because of the sin that you commit? Do you find yourself thinking that the Christian life is too hard? Do you struggle with guilt because of past sins or mistakes that you have made? Do you sometimes doubt your salvation because of this sin? If you answered yes to any of these, you can rest assured God doesn’t want you to feel defeated in your Christian life. The apostle Paul clearly admitted that he was a sinner and did things that he didn’t want to do. He didn’t use this to excuse sin, but realized that he didn’t need to live in the guilt of sin. He knew the forgiving power of God and also knew that God understood his sinful nature. He realized that God would give Him the victory, even though he would fail at times.

When you get caught in the trap of guilt and feel depressed because of your spiritual failures, you are falling into the trap of Satan. You are pridefully saying “I should have had the victory.” It is good to feel godly guilt, but that should drive you to rely more on Christ. You need to realize that you in your power can’t win because of your sinful flesh. You need to realize that it is only God’s power that will give you the victory.

## **Suggestions for Prayer**

- \* Thank God for giving you victory over sin.
- \* Ask God to help you live in His power and His strength.
- \* Praise God because He is victorious over sin and death.

## **Thought for the day**

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# ***Day 3***

**Study:** Romans 7:1:1-6, Galatians 1:6-10

**Reading:** Matthew 15:1-20

**Memory:** Matthew 5:16

## **Romans 7:1-6**

Summarize what Paul had been talking about in chapter 6?

What powerful verse does chapter 6 end with?

Who was Paul speaking to in chapter 7?

*\*\*\*This was not necessarily speaking of the law that was given to Moses, but could have applied to any laws in a society.*

What did Paul mean at the end of verse 1?

*\*\*\*Once a person is dead, he is no longer required to keep the laws.*

What illustration does Paul use to prove his point (vs 2-3)?

What do we as New Testament believers no longer have to do (vs 4)? Why not?

*\*\*\*It is not that we can do whatever we want. We don’t follow the law, but we are now following our Master, Jesus Christ.*

What is God’s desire for your life as a believer (vs 4)?

How did you live before you became a believer (vs 5)? How is this in contrast with how you are to live now?

*\*\*\*Verse 5 says that our evil desires were “aroused by the law.” This gives the idea that the law often created a greater desire for us to break the law and do those things which were prohibited by it.*

What is our status with the law as New Testament believers (vs 6)?

*\*\*\*The wording that Paul uses here pictures a prisoner that has been released from his captivity. This release came through death.*

How should we serve God (vs 6)?

*\*\*\*In no way is Paul saying that believers can live however they want (see chapter 6). He is declaring that we are not to be trapped under a bunch of rules and regulations. Instead, we are to live free to serve Christ. Our new life in Christ should cause you to desire to do what is right.*

### **Galatians 1:6-10**

What was Paul amazed by (vs 6)?

*\*\*\*There were a group of people called the Judaizers who followed Paul in parts of his missionary journeys. After he introduced the people to Christ, the Judaizers move into the churches, attempting to convince the people that they needed to follow the rules and regulations of the Jews.*

What did Paul declare about those who preached something different than the true Gospel that He had given (vs 8)?

What did Paul emphasize (vs 9)?

*\*\*\*The false gospel talked about here was a message that attempted to get people trapped into a religion of doing a bunch of good things in order to please God. This produced disappointment and discouragement because it is a religion that is man focused. This can happen in many “Bible believing” churches today when what man does for Christ is exalted rather than what Christ does for man.*

Who does Paul say he was trying to please (vs 10)?

### **Personal Application**

What can I learn about God from this passage?

How can I apply what I have learned to my everyday life?

## **Day 4**

**Study:** Romans 7:7-12, Psalms 19:7-11, Philippians 3:1-8

**Reading:** Exodus 20:1-21

**Memory:** Matthew 5:16

### **Romans 7:7-12**

What was one of the main purposes of the law (vs 7)?

Why did Paul ask if the law was a bad thing (vs 7)?

*\*\*\*Some Jews could easily be bothered by the fact that Paul seemed to disregard the law. He was not at all putting the law down, but was putting the law in its proper place.*

What example of the law does Paul give (vs 7)?

What did Paul say the introduction of the law did (vs 8)?

*\*\*\*Paul stated that the law actually encouraged him to sin. Not the law itself, but once he found out the law said he couldn't, he felt he had a greater temptation to do so. Often, when something is forbidden, it creates a greater desire inside of us to want that thing.*

What did Paul state about the law (vs 10)? Why?

What did sin do (vs 11)?

What was the conclusion Paul came to about the law (vs 12)?

### **Psalm 19:7-11**

What did David declare about the law (vs 7)?

What does the law do for those who follow it (vs 8)?

What is the fear of the Lord (vs 9)?

How precious was the law to David (vs 10)?

What does the law do (vs 11)?

What was the result of keeping the law (vs 11)?

How do you balance out what David says about the law to what Paul says about the law?

*\*\*\*Paul loved the law which can be seen in Romans 7:12, but he also was attempting to get the people to understand that Jesus was greater than the law.*

### **Philippians 3:1-8**

What did Paul say about repeating himself (vs 1)?

Who did Paul warn the Philippians about (vs 2)?

What does verse 3 mean?

*\*\*\*There were people claiming that Gentiles needed to be physically circumcised and follow the law in order to please God.*

What did Paul claim about his ability to keep the law (vs 4-6)?

How important was all the “law keeping” that Paul did before he met Christ (vs 7)?

What did Paul say was most important (vs 8)?

### **Personal Application**

What can you learn about God from this passage?

How can you apply what you have learned to your everyday life?

## *Day 5*

**Study:** Romans 7:13-20, James 4:1-10

**Reading:** Matthew 5:21-48

**Memory:** Matthew 5:16

### **Romans 7:13-20**

Did the law, a good thing, cause death (vs 13)? If not, what was it that brought about death?

What was the law meant to do for sin (vs 13)?

*\*\*\*The law revealed how sinful men really were.*

How is the law spiritual (vs 14)?

*\*\*\*The law reflected the character of God.*

What did Paul realize about his flesh (vs 14)?

What struggle did Paul represent in verse 15?

What did the fact that Paul knew that he was doing what was wrong reveal (vs 16)?

What statement did Paul make about sin (vs 17)?

*\*\*\*This was not an excuse that Paul was making, but was revealing that he still lived in the flesh and struggled with the sin nature.*

What did Paul realize about his flesh (vs 18)?

What did Paul want to do (vs 18)? Why couldn't he do it?

*\*\*\*There is no power in the flesh to live a spiritual life.*

What did Paul relate about his struggle (vs 19)?

What did Paul mean when he said that it was no longer him that was sinning (vs 20)?

*\*\*\*Again, Paul is not excusing his sin as people often do when they say “they couldn’t help it” or “the devil made me do it.” He is revealing that his spirit wanted to do what was right, but there were times where his flesh won out.*

### **James 4:1-10**

What causes fights (vs 1-2)?

Why were they not receiving what they asked for (vs 3)?

How are these actions described (vs 4)?

What did James state about the world (vs 4)? What do you think this means?

What does verse 6 reveal about the character of God (vs 5)?

What is required for God’s help in overcoming sin (vs 6)?

What steps do you need to take to be victorious over sin (vs 7-10)?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What is emphasized again in verse 10?

### **Personal Application**

What can you learn about God from this passage?

How can you apply what you have learned to your everyday life?

## *Day 6*

**Study:** Romans 7:21-25, Galatians 5:16-28, I Timothy 6:11-16

**Reading:** Ephesians 4:17-32

**Memory:** Matthew 5:16

### **Romans 7:21-25**

What did Paul discover about himself (vs 21)?

What was Paul’s view of God’s law (vs 22)?

What war goes on inside the lives of all believers (vs 23)?

What conclusions did Paul come to about this struggle that he faced on a regular basis (vs 24)?

Why would Paul give thanks to God for Jesus after he finished declaring how wicked his flesh was (vs 25)?

*\*\*\*Though the war inside all believers is between the spirit and the flesh, Jesus has paid the price for our sins. Even if we sin, we are forgiven. We also, through the power of Christ, have the power to be victorious over sin on a consistent basis (though never complete perfection).*

What are the two forces at work inside of every believer (vs 25)?

Why does this give you such great hope?

### **Galatians 5:16-28**

How are you to walk (vs 16)?

What battle does Paul refer to (vs 17)?

Why don’t you need to follow the Law as a believer (vs 18)?

How can you know if something is of the flesh (vs 19)?

How can you know if you are controlled by the Spirit (vs 22-23)?

What have believers chosen to do (vs 24)?

How should we live (vs 25)?

*\*\*\*Since we have been delivered by God and have the Spirit living inside of us, we need to choose to let the Spirit have control.*

How could keeping the law cause someone to become conceited (vs 26)?

What will be the evidence that a group of believers are controlled by the Spirit (vs 26)?

### **I Timothy 6:11-16**

What should believers do with sin (vs 11)?

What should believers pursue (vs 11)?

How is the battle inside of us a fight (vs 12)?

What do you think it means to “take hold” of eternal life (vs 12)?

*\*\*\*It is the idea of grabbing on and putting your whole effort into it. Living how God wants you to live is a fight, but it is a fight that is well worth it.*

What charge did Paul give Timothy (vs 13-14)?

What did Paul remind Timothy about Christ (vs 15-16)?

### **Personal Application**

What can I learn about God from this passage?

How can I applied what I have learned to my everyday life?

# Day 7

## **Reading: Romans 7:1-25**

(Take time to read this passage again, letting the truths you have studied this week sink into your mind. You are encouraged to go online and read it through a few times in different versions.)

[www.biblegateway.com](http://www.biblegateway.com)

## **Bible Memory**

*Matthew 5:1 Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him. 2 And he opened his mouth and taught them, saying: 3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven. 4 “Blessed are those who mourn, for they shall be comforted. 5 “Blessed are the meek, for they shall inherit the earth. 6 “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. 7 “Blessed are the merciful, for they shall receive mercy. 8 “Blessed are the pure in heart, for they shall see God. 9 “Blessed are the peacemakers, for they shall be called sons of God. 10 “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. 11 “Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you. 13 “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet. 14 “You are the light of the world. A city set on a hill cannot be hidden. 15 Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. 16 In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.*