

Small Group Discussion Questions

Series: Romans

Speaker: Jay Haugh

Message: The Struggle with Sin

Date: 07/12/2026

Memory Verse: Romans 6:23 NIV

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

The goal of these questions is to foster meaningful discussion and to encourage participants to reflect on God's Word and lead to heart transformation. Feel free to modify or expand upon these questions based on the dynamics and needs of your Small Group.

Big Idea: Christians are justified by faith, but we still struggle with sin.

Read Romans 7:13-25

1. Paul makes it clear that the law is not the problem; sin is. The law exposes sin for what it truly is (v 13). Why is it important to understand that God's law is good? How have you experienced God's Word exposing something in your heart that needed to change? How can we help one another respond to conviction in a healthy, gospel-centered way?
2. Paul experiences inner conflict, saying, "I do not understand what I do" (v 15). There is confusion and frustration in wanting to obey God yet failing to follow through. How does Paul's inner conflict mirror your own experiences? How can recognizing this struggle help you rely more on God? What practical steps can you take to bring your struggles to God in prayer or reflection?
3. What we want to do, we often fail to do (v 16). Have you ever known what the right thing to do was, and chosen to do the wrong thing? When reflecting on what was happening in your heart, why do you think you behaved in that way? What can we change about our habits to reduce this behavior?



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4. Paul distinguishes between his redeemed identity and the sin that still dwells within him (vv 17-18). Does viewing sin as an intruder, not your true self, strengthen your fight against it? How can this distinction help us be honest about sin without excusing it? What is a sin that you are ready and wanting to expel?
5. There is a real internal spiritual battle between the desire to obey God and the pull of sin (vv 21-22). How does acknowledging the battle help you stay alert instead of spiritually passive? Where do you most consistently sense this inner battle? How can reflecting on God's Word strengthen you during this inner conflict?
6. Paul laments the sin in his life and cries out for rescue (v 24). Have you ever reached a point where you felt desperate for God's help? What did that moment teach you? How can desperation actually become a doorway to deeper intimacy with Christ?
7. Though Paul laments the struggle, he follows up with gratitude to God through Jesus Christ (v 25). Why is ending with Christ-centered hope important? How does looking to Jesus shift the focus from self-effort to God's rescue? How can this perspective give encouragement when sin feels overwhelming in daily life?
8. Even with hope in Christ, the struggle is still present in this life (v 25). When you experience repeated failure, what narratives tend to run through your mind about yourself and about God? Why is it helpful to know that ongoing struggle does not mean absence of salvation? How can the presence of struggle actually be evidence that the Spirit is at work within you?



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