

# From Struggle to Victory: A Study on Romans 7 & 8

## Introduction

Many believers find themselves in the tension of Romans 7—wanting to live righteously but feeling trapped in sin and self-defeat. However, Romans 8 offers the pathway to victory, freedom, and life in the Spirit. This study will explore **how to transition from struggle to victory** by shifting from self-reliance to Spirit-dependence.

## I. Recognizing the Struggle (Romans 7:14-24)

### A. The Reality of the Flesh (v. 14-17)

"For we know that the law is spiritual, but I am of the flesh, sold under sin." (v. 14)

- Paul describes the battle between **knowing what is right** and **being unable to do it**.
- The **law reveals sin**, but it does not give power to overcome it.

### B. The Powerlessness of Self (v. 18-20)

"For I have the desire to do what is right, but not the ability to carry it out." (v. 18)

- **Good intentions are not enough**—human effort fails.
- The sin nature wars against the desire to do right.

### C. The Cry of Desperation (v. 21-24)

"O wretched man that I am! Who will deliver me from this body of death?" (v. 24)

- Paul reaches a **breaking point**, recognizing that he cannot free himself.
- This **cry for help** is the turning point toward victory.

### Reflection Questions:

1. In what ways do you relate to Paul's struggle in Romans 7?
2. Why do human effort and willpower fail in overcoming sin?
3. What are some areas in your life where you feel stuck in this cycle?

## II. The Transition from Defeat to Victory (Romans 7:25 – 8:4)

### A. The Answer is in Christ (7:25)

"Thanks be to God through Jesus Christ our Lord!"

- Victory **begins with gratitude**—recognizing that Jesus is the way out.
- The shift from **self-reliance to Christ-reliance** is key.

### **B. No Condemnation in Christ (8:1)**

"There is therefore now no condemnation for those who are in Christ Jesus."

- **Condemnation keeps us trapped** in guilt and failure.
- The believer is **fully justified**, meaning the struggle does not define them.

### **C. The Law of the Spirit Sets Us Free (8:2-4)**

"For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death."

- The **Holy Spirit empowers** believers to overcome sin.
- The difference between **law vs. Spirit**: The law commands, but the Spirit enables.

#### **Reflection Questions:**

1. What does it mean that there is "no condemnation" in Christ?
2. Why is it important to shift from self-reliance to Christ-reliance?
3. How does the Holy Spirit set us free from the law of sin and death?

## **III. Living in the Power of the Spirit (Romans 8:5-17)**

### **A. Setting the Mind on the Spirit (v. 5-8)**

"For those who live according to the flesh set their minds on the things of the flesh."

- Victory starts in the **mind**—our thoughts determine our direction.
- Walking in **the Spirit** means focusing on **God's truth, not the flesh**.

### **B. The Indwelling Power of the Spirit (v. 9-11)**

"The Spirit of God dwells in you."

- The **same power that raised Jesus from the dead** lives in us.
- The Spirit **gives life and strength** beyond our ability.

### **C. Putting Sin to Death (v. 12-13)**

"If by the Spirit you put to death the deeds of the body, you will live."

- **Sin must be actively resisted**, but only by **the power of the Spirit**.
- Victory is not just **avoiding sin** but **pursuing life in the Spirit**.

### **D. The Spirit of Adoption (v. 14-17)**

"You have received the Spirit of adoption, by whom we cry, 'Abba! Father!'"

- We are **not slaves to sin**, but **children of God**.
- A child **doesn't strive to earn love**—he rests in his identity.

**Reflection Questions:**

1. What does it mean to “set your mind on the Spirit”?
2. How does the Holy Spirit empower us to put sin to death?
3. What changes when you truly see yourself as **God's child** instead of a slave to sin?

## **IV. The Assurance of Ultimate Victory (Romans 8:18-39)**

### **A. Hope in the Midst of Suffering (v. 18-25)**

"The sufferings of this present time are not worth comparing with the glory that is to be revealed."

- **Struggles are temporary, but God's glory is eternal.**
- **Hope keeps us moving forward** even when we fail.

### **B. Help in Weakness Through Prayer (v. 26-27)**

"The Spirit himself intercedes for us with groanings too deep for words."

- The Holy Spirit **prays for us**, even when we don't know what to pray.

### **C. Confidence in God's Purpose (v. 28-30)**

"All things work together for good for those who love God."

- Even our struggles serve **God's greater purpose** in making us more like Christ.

### **D. The Unshakable Love of Christ (v. 31-39)**

"Nothing can separate us from the love of God in Christ Jesus."

- **Victory is not just about overcoming sin**—it's about resting in **God's love**.
- **We don't fight for victory; we fight from victory.**

**Reflection Questions:**

1. How does focusing on eternity change how we handle struggles today?
2. How does the Holy Spirit help us when we feel weak in our faith?
3. What does it mean to live with the confidence that nothing can separate you from God's love?

## **Conclusion: The Key to Victory**

- Moving from **Romans 7** to **Romans 8** requires a **shift in dependence**:
  - **From self-effort to Spirit-led living.**

- **From condemnation to confidence in Christ.**
- **From struggling alone to surrendering to the Holy Spirit.**
- **Practical Steps to Walk in Victory:**
  - **Daily surrender** – Acknowledge your need for the Holy Spirit's power.
  - **Renew your mind** – Set your thoughts on the Spirit (Romans 8:5).
  - **Resist condemnation** – Stand in the truth of Romans 8:1.
  - **Pray in the Spirit** – Allow the Spirit to guide your prayers.
  - **Walk in identity** – Live as a child of God, not as a slave to sin.