



ROMANS PART 2 - WHY NOT KEEP SINNING?

Romans 7:1–13 **Life in the Spirit**

Big Idea

In Christ, believers are freed not only from the power of sin but also from relying on the Law as a means of transformation, and are invited into a new way of life through the Holy Spirit.

Context: From Slavery to Freedom

In Romans 6, Paul explained that through Jesus, believers have died to sin and been raised to new life. Sin is no longer our master, and we are called to live according to our new allegiance to Christ.

But another question naturally arises. If Christians are no longer under the Law, what role does the Law play? Was there something wrong with God's commands?

Romans 7 begins to answer that question.

Paul explains that the Law itself is good, but it was never intended to be the cure for humanity's sin problem. The Law reveals sin, but only the Spirit can transform the heart.

1. Because We Have Been Released From Our Old Relationship to the Law

Romans 7:1-6

Paul uses the example of marriage to illustrate what has happened through Christ.

Just as death releases a person from the legal obligations of marriage, believers have died with Christ and have been released from their former relationship to the Law. They are now united to the risen Christ.

Paul's point is not that God's Law was bad. Rather, the Law belonged to the old age. Through Jesus, a new age has begun.

The goal of this freedom is not independence but fruitfulness.

Believers have been set free so that they might "produce a harvest of good deeds" and serve God "in the new way of living in the Spirit."

Why not rely on rules and regulations to transform us?

Because God has given us something better—His own Spirit dwelling within us.

2. Because the Law Reveals Sin But Cannot Heal It

Romans 7:7

Paul quickly corrects a misunderstanding.

If the Law cannot save us, does that mean the Law itself is sinful?

"Of course not!"

The Law is holy, righteous, and good. It reveals God's character and shows humanity what true goodness looks like.

Without God's commands, we would not recognize the depth of our rebellion.

The Law acts like a mirror, exposing what is wrong.

It can diagnose the disease, but it cannot provide the cure.

Why not trust in the Law to make us righteous?

Because the Law can expose our brokenness, but it cannot restore us.

3. Because Sin Hijacks Even Good Things

Romans 7:8-11

Paul explains that sin is not merely bad behavior; it is a power that twists and corrupts God's good gifts.

Ironically, the very commands that were intended to lead to life became opportunities for sin to provoke rebellion.

Sin takes what is good and uses it for evil purposes.

Humanity has a strange tendency to resist boundaries and pursue what has been forbidden.

The problem, then, is not the Law.

The problem is the sinful condition of the human heart.

Why not place our confidence in rules alone?

Because rules can restrain behavior, but they cannot change desires.

4. Because Only the Spirit Produces New Life

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Romans 7:6, 12-13

Paul concludes that the Law remains holy and good.

The tragedy is not that God's commands are defective, but that sin has corrupted humanity so deeply that even good things become tools in its hands.

This is why Jesus came.

He did not merely forgive sins.

He came to create a new humanity.

Through His death and resurrection, believers receive the gift of the Holy Spirit, who produces what the Law itself could never accomplish.

The Spirit gives:

- New power to overcome sin
- New desires that delight in righteousness.
- New purpose rooted in God's kingdom.
- New hope for the future.

The Christian life is not ultimately about external conformity.

It is about inward transformation.

Why live by the Spirit?

Because only God's presence can create the kind of life the Law pointed toward all along.

Conclusion: Freedom Is Found in Transformation, Not Legalism

Romans 7 presents two approaches to spiritual life.

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One relies on rules, self-effort, and external conformity.

The other relies on the transforming presence of God's Spirit.

The Law is good.

But it was never meant to be our Savior.

Jesus did not come merely to improve behavior. He came to make people new.

Life in the Spirit is not freedom to do whatever we want.

It is freedom to become what God created us to be.

Study & Discussion

- How does understanding sin as a power help explain why rules alone cannot transform people?
- Why is it important to recognize that the Law is good, even though it cannot save us?
- In what ways are you tempted to rely on rules, traditions, or self-effort rather than the Spirit's transforming work?
- What would it look like for you to serve God "in the new way of living in the Spirit" this week?

Practice of the Week: Walk in the Spirit

Identify one area of your life where you have been relying primarily on willpower, rules, or self-discipline to overcome sin or pursue holiness.

Each day, surrender that area to God and pray:

"Holy Spirit, produce in me what I cannot produce on my own. Give me new desires, new power, and a heart that delights in what is good."

When you stumble, do not return to shame or legalism.

Return to Christ, receive His grace, and continue walking in the freedom He has given you.

Goal of the Week

Not simply to follow rules, but to live as someone who has been made new through Christ—a person whose life is increasingly shaped by the presence and power of the Holy Spirit.