

The Power of His Presence Overcoming the Wretched Man Syndrome

Sunday, April 11th, 2021

Romans 7: 15, 20-25 NIV

¹⁵I do not understand what I do. For what I want to do I do not do, but what I hate I do.

²⁰Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹So I find this law at work: Although I want to do good, evil is right there with me. ²²For in my inner being I delight in God's law; ²³but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴What a wretched man I am! Who will rescue me from this body that is subject to death?

²⁵Thanks be to God, who delivers me through Jesus Christ our Lord!

1. The Illusion of "I"

Galatians 3: 2-3 Did you receive the Spirit by works of the Law or believing what you heard? Are you now trying to finish by means of the flesh?

Galatians 2:20 I have been crucified with Christ. I no longer live, Christ lives in me.

2. Inner Wars

Romans 8: 6-7 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The flesh is hostile to God.

Romans 8:13 If by the Spirit you put to death the misdeeds of the body you will live.

3. Set Free by the Law of the Spirit

Romans 8: 1-2 The Law of the Spirit who gives life has set you free from the law of sin and death.

Romans 8:14-15 Those who are led by the Spirit are children of God.

2 Corinthians 3:18 We all with unveiled faces are being transformed into His image with ever increasing glory!

Conclusion: Salvation through Jesus brings peace, joy and lightness to our souls and spirit. We live in this truth as we honor Christ who lives through us. Let us remember it is not about *our striving*, but all about releasing His presence. Let us rest in the finished work of Christ in and through us.

LIFE GROUP LESSON Overcoming the Wretched Man Syndrome

Week of April 11 – April 17th, 2021

Ice Breaker: What makes you a good person?

Read Romans 7: 15, 20-25

1. Do you remember how you felt when you received Christ in your heart? What filled you? What overwhelmed you?
2. Did those feelings remain or fade the more you tried to follow Christ?
3. Do you find it hard to be a Christian? Why or why not?
4. Have you wrestled with this as well? (v.15)
5. If we know what is good and right, what keeps us from doing these things?
6. If we are saved and made new in Christ, why do we still sin?
7. What is happening inside every believer? (vs. 20-21)
8. What is our inner being? (v.22) What does our inner being delight in?
9. What is happening between the spirit and flesh inside us? (v.23)
10. How does Paul describe himself? Does this give you comfort that even Paul struggled with this?
11. What is Paul revealing about our human nature? (v.24)
12. What is the answer to the wretched man syndrome? (v.25)
13. Read Galatians 3: 2-3. How did we initially receive the Spirit? How are we to continue living as believers?
14. What were the Galatians doing? What do we all tend to do as we strive to be better Christians?
15. Read Galatians 2:20. What happened to us as we believe? Who lives now? What does this scripture mean to you? How do you apply this?
16. Read Romans 8: 6-7. Why do we have inner wars? What do we learn about our flesh and how it responds to God?
17. Read Romans 8:13. How are the misdeeds of the body put to death? By whom? Whose power? Whose ability? *Who do you rely on?*
18. Read Romans 8: 1-2. What sets the believer free from the law of sin and death? What gives life?
19. Read Romans 8: 14-15 Who are children of God?
20. How do *we* overcome the wretched man syndrome?

Point to ponder: As we believe in Jesus Christ, we are sealed with His Holy Spirit as a guarantee of promises yet to come. Christ fills us with His presence in order to live out His purposes through us. We now live to reflect Christ in the world around us. May we seek an increase in His presence in our lives and release His flow through our lives.