

**Activity #3: Print this out for the older student group leaders.**

**Group Discussion for Romans 7:13-25**

6th-10th Grade: "Real-Life Decision Breakdown"

**Purpose:**

Helps students understand why Christians still fail at times & removes unnecessary guilt while encouraging holiness

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What You Need:

- Whiteboard or paper
- Markers
- Scenario sheet (or read aloud)

Activity Steps:

1. Break into small groups (3-4 students)

Each group answers:

**Part A – Why Do Christians Still Struggle With Sin?**

Discuss:

- If Christians are saved, why do they still sin?
- Have you ever wanted to do the right thing but found yourself doing the wrong thing?
- Does struggling with sin mean someone is not saved?

**Romans 7:15-19**

Have students discuss:

- Temptation
- The flesh
- Spiritual growth
- The difference between salvation and perfection

**Part B – The Battle Within**

Have them discuss the flesh vs the Spirit:

**Romans 7:22-23**

Discuss:

- Why Christians experience spiritual conflict
- What the flesh wants. What the Spirit desires
- Why the struggle is evidence of spiritual life

<b>The Flesh</b>	<b>The Spirit</b>
Pulls us toward sin	Desires to obey God
Focuses on self	Focuses on God
Produces guilt and failure	Produces righteousness
Temporary desires	Eternal priorities

## **Part C – Where Does Victory Come From?**

**Ask: "Can we defeat sin by simply trying harder?"**

**Have students look up tie-in scriptures and connect:**

- Galatians 5:16 "Walk by the Spirit, and you will not carry out the desire of the flesh."
- Galatians 5:17 "The flesh sets its desire against the Spirit, and the Spirit against the flesh."
- 1 Corinthians 3:16 "Do you not know that you are God's temple and that God's Spirit dwells in you?"

**Discuss:**

- Why human effort alone fails
- Depending on Christ daily
- Walking in the Spirit
- Looking forward to complete redemption

**Group Discussion Questions:**

- Why do some Christians become discouraged by their struggle with sin?
- How is the battle against sin actually evidence of salvation?
- What are some practical ways to feed your spirit instead of your flesh?
- Why is it encouraging that Paul experienced this struggle too?

### **2. Personal or Out loud Reflection (Silent – 5 minutes)**

Ask students to write or answer out loud: "What temptation do I struggle with most often?"

**OR**

What is one practical step I can take this week to strengthen my walk with Christ?

**Prayer & Reflection:** Ask God to deepen your relationship with Him today and in the weeks ahead. Pray that He would reveal any areas where your faith has become more about performance or religious routine than a genuine, intimate walk with Him. Ask Him to draw you closer, increase your love for Him, and help you know Him more through His Word and prayer.

(No sharing required if done silently- keep it personal)

**Key for Lesson:** Christians experience a real battle between the flesh and the Spirit. The struggle itself is not proof of failure- it is evidence that God has given us new life, and our victory comes through Jesus Christ.