



Title | Freed from Your Ex
Series | Dead in the Water
Text | Romans 7:1-6
By | Bob Kerrey
Date | January 26, 2020

Sermon Notes

Romans 7:1 Or do you not know, brothers—for I am speaking to those who know the law—that the law is binding on a person only as long as he lives? **2** For a married woman is bound by law to her husband while he lives, but if her husband dies she is released from the law of marriage. **3** Accordingly, she will be called an adulteress if she lives with another man while her husband is alive. But if her husband dies, she is free from that law, and if she marries another man she is not an adulteress. **4** Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God. **5** For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. **6** But now we are released from the law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.

ESV

Big Idea:

Text questions during the sermon: 623-850-8809

Romans 7:6

But now we are released from the law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.

ESV

For Reflection & Application:

Monday:

Read Romans 3:19-26. What is “the law” and what was its purpose?

Tuesday:

Legalism may be defined as relying on your own ability to follow rules to make yourself presentable. What’s wrong with trying to make yourself presentable? In what ways do you think you may have tried to make yourself presentable to God in the past? How did that work for you?

Wednesday:

Read Romans 7:1-6. Paul draws an analogy between marriage and our relationship to the law. What’s his point? Would, “stop having an affair with your ex” be a fair characterization? If so, how does that apply to you?

Thursday:

Reread Romans 7:6. What is the “new way of the Spirit” as opposed to the “old way of the written code.” What does this have to do with presenting yourself to God versus trying to make yourself presentable?

Friday:

How can you present yourself to God right now? How do you avoid legalism in your life?

Daily Prayer:

Lord, show me the ways that I might be legalistic. Help me to see how I may be trying to make myself presentable to you. Help me to picture the truth that I am already presentable in Christ. And to present myself to you. Amen.