

## I Didn't Want to Do It but I Did - Romans 7:19-20

1. "For the \_\_\_\_\_ that I will to do, I do not do; but the \_\_\_\_\_ I will not to do, that I \_\_\_\_\_ . Now if I do what I will not to do, it is no longer I who do it, but \_\_\_\_\_ that dwells in me." (Romans 7:19-20)

### I. Impossible to Keep the Law of Moses

2. The theme of Romans is "\_\_\_\_\_ instead of Law".
3. If the first \_\_\_\_\_ had been faultless, there would be no need for the \_\_\_\_\_. (Hebrews 8:7)
4. The first covenant is \_\_\_\_\_ and ready to vanish away. (Hebrews 8:13)
5. The old law said, " \_\_\_\_\_ your neighbor and \_\_\_\_\_ your enemy.
  - a. The new law says \_\_\_\_\_ your enemies. (Matthew 5:42-44)
6. " \_\_\_\_\_ is everyone who does not continue in \_\_\_\_\_ things which are written in the book of the law, to do them." (Galatians 3:10)

### II. The Internal Struggle of Temptation (v.19-20)

7. List the three categories of temptation from 1 John 2:15-16:  
(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_
8. In what ways was Jesus was tempted by Satan? (Matthew 4:1-11)  
(1) \_\_\_\_\_  
(2) \_\_\_\_\_  
(3) \_\_\_\_\_
9. Read James 1:12-15 and answer the following:
  - a. \_\_\_\_\_ is the man who endures temptation.
  - b. We should never say, "I am tempted by \_\_\_\_\_."
  - c. Sin happens when we give into our \_\_\_\_\_.

### III. We Can't Do it Without God (v.24-25)

10. "O \_\_\_\_\_ man that I am! Who will deliver me from this body of \_\_\_\_\_ ? (Romans 7:24)
11. Our \_\_\_\_\_ are not unique to others and God will provide a way of \_\_\_\_\_ so that we can overcome them. (1 Corinthians 10:13)
12. "I can do \_\_\_\_\_ things through \_\_\_\_\_ who \_\_\_\_\_ me." (Philippians 4:13)
13. Yet in all these things we are more than \_\_\_\_\_ through Him who loved us." (Romans 8:37)

**Lesson Text (New King James Version)**

“For the good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.” (Romans 7:19–20)

“O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.”  
(Romans 7:24–25)