

Cycles of Grace

[Romans 7:15-25](#)

EXPLORING THE SERMON

- * What did you hear?
- * What did you think or feel about what you heard?
- * What is one thing you can take away from the sermon this week?

KEY VERSES

²⁴ Wretched person that I am! Who will rescue me from this body of death? ²⁵ Thanks be to God^a through Jesus Christ our Lord!

REFLECTION

Before Paul's conversion to Christianity, he was a disciplined and successful Pharisee. Even though he now knows he's living the right life as a Christian, he writes about a brokenness within us that we can't fix. What he shares here is not what we **can** do, but how God can meet us in what we **can't** do.

This better way of living involves God rescuing us from living behind false platitudes and shame. Consider and discuss these three ways to frame what it means for us to be rescued:

1) Allows us to have a relationship with God.

- a. Our relationship with God is not just an abstract love from the universe. **Why can't this kind of love handle brokenness?**
- b. Our relationship with God is not just about following religion. **Why is there no peace in never feeling like we're living up to being good enough through religion?**
- c. Our relationship with God is built on grace. When God meets us in our brokenness and pain, his grace becomes good enough for us. **Why does this kind of love never fade?**

2) Allows us to live with ourselves. Forgiving ourselves is not possible. **What are the things in your life you know you should have done but you haven't? How can we never have peace by being the source of our own forgiveness?**

3) Allows us to live with others. Because God has forgiven us we can also forgive each other. **How can we still have recurring circumstances with each other, yet learn to live in cycles of grace with each other?**

Pay attention to how God's gospel of love is meeting you in your need right now, showering you with grace upon grace.