

**Look Back:**

How did reflecting on what God has provided and the promises of hope He makes throughout the Bible help you to continue to pray your “whatever” prayers?

**Look Up:**

Read [Romans 7:14-20](#)

1. How does Paul describe the “trouble” he faces in daily living? Why is he facing this trouble?
2. Why do you think Paul says he doesn’t understand himself? Have you ever felt this way, and if so what did you do to better understand why you think about or do certain things?
3. Why do you think that Paul says that “nothing good” lives in him? What does this tell us about Paul and how should we apply it in our lives today?

Read [Romans 7:21-25](#) and [Romans 12:1-2](#)

4. Why do you think Paul, who claims to love God’s law with all his heart, writes about how he does the “wrong” things? How should people today interpret and apply these verses?
5. In Romans 7, Paul repeatedly says that he is a “slave to sin”. What do you think he means and what does he say is the solution to this condition?
6. Why do you think Paul tells us not to copy the behavior and customs of this world? What behavior and customs should we copy, and how does thinking about these help?
7. Why do you think Paul stresses the battle that is going on in his mind? How does reflecting on what we are thinking about lead to renewed and transformed lives?

**Overall (Discovery Bible Study)**

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

**Look Ahead:**

Identify one area of your life where you need personal transformation. This week pay attention to how you normally think about that aspect of your life.

**Notes**

We live in an image driven world - social media and filters rule the day. We will work hard to transform our image as a cheap substitute for authentic, substantive transformation. Life transformation starts in the mind and our willingness to let God transform us - it’s not about us trying harder. Do you want to know God’s “will” for you, which is good and pleasing? This only happens as your thoughts change.