

**outline :** Sunday May 30 2010  
**Is there no one who can do anything for me?**  
**Romans 7:8–24 (The Message)**  
Craig Mathison

All Saints

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> **"Uh, Houston, we have a problem"**

> **Life as a reality show**

> **Breathing different air every breath**

**hungry?**  
**feed yourself!**

All Saints

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Try and articulate in your own words times when you have understood what good is but found it impossible to do. Try and capture what your feelings were during those times. Read Romans 7:8–24 in several different modern versions of Scripture (available free at [www.biblegateway.com](http://www.biblegateway.com)) and see which seems to make the most sense to you.

Look up the following references: Romans 8:2; Galatians 2:19 and 5:18; Ephesians 2:15; Colossians 2:14. All of these were written by Paul, as far as we know. Taking all these passages together, what do they say to you? What do they say about the Spirit of God and the law?

How are you breathing? What do you sense God may be saying to you about breathing his Spirit in every breath?