UNASHAMED · STUDENT GUIDE

Sin Came *Alive*

ROMANS 7:7–13 · PASTOR BRIAN CARROLL · NOVEMBER 8, 2026

> *If God's law is good, why does it make me want to break it?*

SERMON NOTES

POINT 1 · V. 7

The Law Names What We Try to Excuse

"The law named it so I could confess it by name."

POINT 2 · VV. 8–11

Sin Exploits What God Intended for Good

"The base wasn't the enemy. The enemy took the base."

POINT 3 · VV. 12–13

The Law Exposes What Sin Really Is

"The law can show you the problem, but only Jesus can fix it."

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GO DEEPER

"You shall not covet" (v. 7) This is the tenth commandment (Exodus 20:17), and it's the only one aimed entirely at what you want instead of what you do. Colossians 3:5 calls covetousness idolatry, because it treats something other than God as what will finally satisfy you. Jesus does the same thing in Matthew 5: he takes the commandments past your actions and into your heart.

"Seizing an opportunity" (vv. 8, 11) The word Paul uses was a military term for a base of operations, a place an army takes over and attacks from. Paul uses the same word in Galatians 5:13: "Do not use your freedom as an opportunity for the flesh." Sin doesn't need bad material. It hijacks good things.

"Deceived me" (v. 11) Paul uses the same word in 2 Corinthians 11:3 for how the serpent deceived Eve. In Genesis 3:1 the serpent asked, "Did God actually say, 'You shall not eat of any tree'?" God never said "any tree." Sin always twists what God says, and it ends with what God warned about in Genesis 2:17: death.

"Sinful beyond measure" (v. 13) Paul's phrase means something like "excess upon excess." We like to think our sin is small and under control. The law says otherwise. Next week, in verses 14–25, Paul describes what that fight feels like from the inside, and where rescue comes from.

HONEST QUESTIONS

If the law makes me want to sin more, wouldn't it be better not to know it? Not knowing doesn't make you innocent. Paul says sin was "dead," meaning dormant, not gone (v. 8). The pampas grass was flammable long before the fire reached it. God shows you your sin so it can be dealt with, not so it can be used against you.

Is it wrong to want things? No. Jesus said, "I have earnestly desired to eat this Passover with you" (Luke 22:15), using the same word for desire. Wanting isn't the problem. Wanting what isn't yours, or resenting God for what he hasn't given you, is. Try turning the want into a prayer: "Lord, I want that. Help me trust that what you've given me is enough."

Since I started following Jesus, I notice my sin more. Am I going backward? Usually it's the opposite. The closer you get to a holy God, the more clearly you see what doesn't belong. That isn't God pushing you away. It's God showing you what he wants to deal with.

So can I be saved by keeping God's rules? The law really did promise life (Leviticus 18:5), but nobody has ever kept it well enough to collect, except Jesus. He kept it perfectly, then died the death our sin earned. Salvation comes by turning from your sin and trusting him, not by keeping score.

YOUR TURN: WHAT'S THE SALES PITCH?

Think of a temptation you face a lot. Every temptation comes with a promise attached. What does this one promise you? Has it ever actually kept that promise?

What it promises	What it actually delivers

This Week's Challenge. Every time you catch yourself coveting this week, whether it's a phone, a friend's life, or something in your feed, turn it into a one-line prayer: "Lord, I want that. Help me trust that what you've given me is enough." Keep count. Then tell one person you trust how it went.

REFLECT

1. Where does coveting show up for you most: stuff, looks, popularity, someone else's life?
2. Paul says, "I was once alive," and he felt fine. Do you ever feel fine with God while ignoring something he's pointing at?
3. Verse 13 says the law shows sin is "sinful beyond measure." How does seeing how big sin is make what Jesus did look bigger?