



06

TRUE FREEDOM

Romans
6:1-14



This week's **FOCUS**

There is a lot of talk today about the concept of freedom. Many people today don't like the idea of the government or anyone else setting limits on what people can and can't do. Of course, none of us are completely free to do whatever we want, but most people like the idea of being as free as possible. In this session, we will see Paul point out how all people are not as free as they might think on at least two counts: we are all sinners and we are all going to face death one day. Simply put, to be truly free a person would need to figure out how to shake off these two huge limiting factors—sin and death. As we study Romans 6:1-14, we will see how our Savior has conquered sin and death so that we might truly live and find true freedom.

Central **TRUTH**

Jesus conquered sin and death
so that we might truly live.



EXPLORATION

Romans 6:1-14

*Begin by reading
through the
passage.*

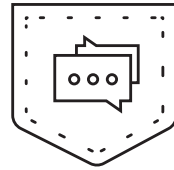
1 What should we say then? Should we continue in sin so that grace may multiply? 2 Absolutely not! How can we who died to sin still live in it? 3 Or are you unaware that all of us who were baptized into Christ Jesus were baptized into his death? 4 Therefore we were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may walk in newness of life. 5 For if we have been united with him in the likeness of his death, we will certainly also be in the likeness of his resurrection. 6 For we know that our old self was crucified with him so that the body ruled by sin might be rendered powerless so that we may no longer be enslaved to sin, 7 since a person who has died is freed from sin. 8 Now if we died with Christ, we believe that we will also live with him, 9 because we know that Christ, having been raised from the dead, will not die again. Death no longer rules over him. 10 For the death he died, he died to sin once for all time; but the life he lives, he lives to God. 11 So, you too consider yourselves dead to sin and alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body, so that you obey its desires. 13 And do not offer any parts of it to sin as weapons for unrighteousness. But as those who are alive from the dead, offer yourselves to God, and all the parts of yourselves to God as weapons for righteousness. 14 For sin will not rule over you, because you are not under the law but under grace.

.01 WHAT, IN YOUR OPINION, DOES IT MEAN TO BE FREE?

Talk it out

.02 HOW IMPORTANT IS SUCH FREEDOM TO YOU PERSONALLY?

CONVERSATION



Romans 6:1-7

.03 WHAT WAS PAUL COMMUNICATING BY HIS QUESTION IN VERSE 1?

.04 WHAT DOES PAUL'S ANSWER TO HIS OWN QUESTION TELL US ABOUT WHAT IT MEANS TO FOLLOW JESUS?

.05 DO YOU PRESENTLY THINK OF YOURSELF AS DEAD TO SIN AND RAISED TO LIFE? WHY OR WHY NOT?



LITERARY CONTEXT

When Paul says that believers have died to sin, he does not mean that our sin nature was eliminated at the cross or at the moment of our conversion or baptism. Instead, as he says elsewhere, God “rescued us from the domain of darkness and transferred us into the kingdom of the Son He loves” (Col. 1:13). Having experienced such a transfer, we will not thoughtlessly go on disobeying God. The key to understanding Paul’s theology is his insight that being a believer in Christ means being united with Christ. A believer is identified with the object of his or her belief. This is what is meant by being baptized into Christ’s death.

Romans 6:8-11

.06 WHAT DID JESUS ACCOMPLISH FOR US THROUGH HIS DEATH AND RESURRECTION?

Reflect and respond.



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THEOLOGICAL CONTEXT

The fact that Paul wrote these words (Rom. 6:12-14) to Christians in Rome tells us that fighting sin is a crucial part of the Christian life. We should not expect, this side of eternity, to achieve a state of perfection where we no longer have to fight sinful desires. In Christ, believers have been set free to increasingly and gladly show they are alive to God and dead to sin. Before their conversion, people are incapable of not sinning; in Christ, believers are free not to sin. That's Paul's focus in Romans—he wants us to know that believers are never powerless against sin because of what Jesus has done.

.07 WHAT DOES THE FACT THAT DEATH NO LONGER RULES OVER JESUS TELL US ABOUT HIM? WHY IS THIS GOOD NEWS?

.08 IN LIGHT OF JESUS' DEATH AND RESURRECTION, HOW SHOULD WE SEE OURSELVES (V. 11)? DOES THIS COME NATURALLY TO YOU? EXPLAIN.

Romans 6:12-14

.09 HOW DOES SIN CONTROL THE LIVES OF MANY TEENS TODAY? WHAT DOES IT LOOK LIKE TO NOT LET SIN REIGN OVER YOU?

Journal your response here.



.10 HOW DOES BEING UNDER GRACE RATHER THAN THE LAW EMPOWER US TO OBEY GOD? EXPLAIN.



CENTRAL TRUTH

Jesus conquered sin and death so that we might truly live.

NOW WHAT?



.11 HAS TODAY'S SESSION CHALLENGED OR CHANGED HOW YOU THINK OF WHAT IT MEANS TO BE FREE? EXPLAIN.

.12 DO YOU ACTIVELY THINK OF YOURSELF AS DEAD TO SIN AND ALIVE IN CHRIST? WHAT MIGHT KEEP US FROM SEEING OURSELVES THIS WAY?

How does this apply to your life?

.13 HOW MIGHT WE HELP OR ENCOURAGE EACH OTHER TO MORE CONSISTENTLY LIVE OUT OUR NEW IDENTITY IN CHRIST?

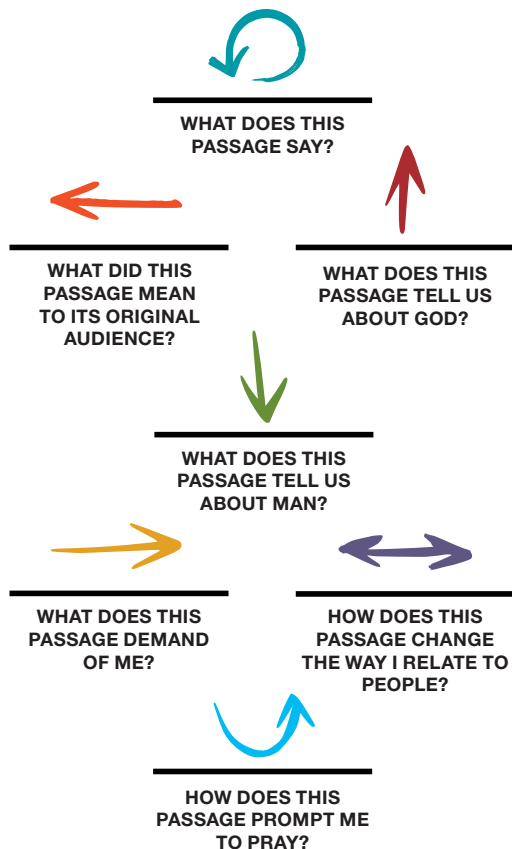
.14 AS ONE WHO HAS BEEN RAISED TO NEW LIFE IN CHRIST, HOW WILL YOU LIVE DIFFERENTLY THIS WEEK AT SCHOOL? ON SOCIAL MEDIA? AT HOME?



Daily DEVOTIONS

Choose five days this week to set aside time to dig deeper into God's Word with these devotions. We hope you'll make this a priority and encourage others in your group to do so as well.

7 Arrows FOR BIBLE READING



Day One

ROMANS 6:1-14

Dwell

Now that Jesus has paid the price for our righteousness and we have accepted His salvation through faith, our lives should look like His: He died for our sins; we die to our own sinfulness. He was crucified; we destroy the part of ourselves that gave in to sin. He was raised from the grave; we are alive in Jesus, able to triumph over our sin.

→ .01 WHAT INSTRUCTIONS DOES THIS PASSAGE GIVE FOR LIVING FREE FROM SIN (VV. 12-13)?

↪ .02 ASK GOD TO REVEAL TO YOU THE AREAS WHERE SIN HAS CONTROL OVER YOU.

Memorize

Write each word from this week's verse on a different index card. Mix them up and then place them in order.

Pray

Thank God that salvation in Jesus gives you the power over your sin.



Day Two

ROMANS 6:15-23

Dwell

Once you choose to believe Jesus for salvation, you begin a new life in Christ. Before Jesus, you were enslaved to sin; after Jesus, you choose to be enslaved to righteousness. That's a "slavery" you should want: Because Jesus set you free from the power of sin, you want to live according to His righteousness.



.01 WHAT IS THE OUTCOME OF SIN (V. 21)? WHAT IS THE OUTCOME OF SANCTIFICATION (V. 22)?



.02 HOW IS OUR ETERNAL LIFE DESCRIBED IN VERSE 23? WHAT DOES THAT REVEAL ABOUT GOD?

Memorize

Use a dry erase marker to write this week's verse on a mirror. Say it aloud. For a challenge, erase one word and say it again. Repeat!

Pray

Praise God that He set you free from sin and gives the gift of eternal life.

Day Three

ROMANS 7:1-6

Dwell

Using the illustration of marriage, Paul explains that Jews who were once bound to follow the law are set free from that obligation because of the death of Jesus. Once you choose to walk in believing faith, you are no longer bound to follow every rule to be right with God; Jesus makes you right with God. Instead, you choose to obey the Spirit, who lives in you.



.01 WHAT CONFLICT WOULD THIS HAVE CAUSED WITH JEWS WHO STILL FOLLOWED THE LAW?



.02 HOW DOES THIS PASSAGE HELP EXPLAIN WHY A BELIEVER CHOOSES NOT TO SIN?

Memorize

Write down just the important words from this week's verse (nouns, verbs, adjectives). Try to say the verse aloud by filling in the other words.

Pray

Ask God to give you a mature understanding of this passage, choosing to die to sin.

Day Four

ROMANS 7:7-13

Dwell

The sinful nature inherent in every human (Rom. 5:12-21) is made evident when we encounter the law: we see the rule and we want to break it. So even though God's law was good, it revealed the sin that was inside us. Each time we become aware of our sin through our breaking of God's laws, we're expressing again our need for God's salvation.



.01 HOW DOES THIS PASSAGE EXPLAIN THE REASON WE FEEL GUILT OVER DOING BAD THINGS?



.02 HOW SHOULD WE RESPOND WHEN WE SEE SIN IN OUR LIVES?

Memorize

Make up motions for each short phrase in this week's verse. Practice saying it aloud as you do the motions.

Pray

Confess any sin that comes to mind right now. Thank God that He enlightens and enables you to repent of your sin.

Day Five

ROMANS 7:14-25

Dwell

In this passage, Paul echoes the words of every believer: He wants to live obediently to God and not sin, but he struggles! Though we want to live for Jesus and reflect Him in our lives, we still find ourselves sinning, revealing that the sin nature in us is still alive. The war between our sin nature and our redeemed nature is ongoing.



.01 HOW WOULD YOU DESCRIBE PAUL'S EMOTIONS AND ATTITUDE IN THIS PASSAGE?



.02 HOW CAN YOU TURN VERSE 25 INTO A PRAYER RIGHT NOW? HOW CAN YOU REPEAT IT THROUGH THE DAY?

Memorize

Try to set this week's verse to a simple kids' song. Sing it aloud during your down time.

Pray

Ask God to help you forgive yourself for your sins and renew your excitement to live for Him.