

# Session 5: Freedom.

## How can we avoid negative cycles?

ROMANS 6-7

### KEY VERSE:

**'Offer yourselves to God as those who have been brought from death to life ... sin shall no longer be your master ...'**

ROMANS 6.13-14 (NIV)

## Part I: Know who you are

ROMANS 6.1-11

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'What shall we say then? Are we to continue in sin that grace may abound? By no means!

ROMANS 6.1-2 (ESV)

**INSTEAD, GRACE GIVES US A NEW IDENTITY SO WE CAN LIVE IN FREEDOM**

'Do you not know that all of us who have been baptised into Christ Jesus were baptised into his death? We were buried therefore with him ... in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.'

ROMANS 6.3-4 (ESV)

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A Christian is united with Christ or 'in Christ'.



As Jesus died for our sin, so we have died with him: 'our old self was crucified with [Christ] ...'

ROMANS 6.6 (ESV)



As Jesus rose again, so we are alive in him: 'we too may live a new life.'

ROMANS 6.4 (NIV)



## Discussion time

READ ROMANS 6.3–4,11

1. To what extent do you know that you died **with** Christ and have been set free from the reign of sin? What difference does this make to your sense of identity?
2. In what area of your life is fighting sin hard at the moment? How can we 'count on' who we are in Christ and not give in to temptation?
3. Re-read verse 11 and in place of 'sin' silently hold out an area of your life (e.g. anger, greed, lust) to God.

## Part II: Live out your new identity

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ROMANS 7 EXPRESSES AN HONEST CRY OF FRUSTRATION AND FAILURE

‘What a wretched man I am! Who will rescue me from this body that is subject to death?’

ROMANS 7.24 (NIV)

ROMANS 7 REMINDS US THAT MORAL LAWS AND RULES CANNOT CHANGE US. INSTEAD, WE NEED TO LIVE OUT OUR NEW IDENTITY IN CHRIST.

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### COUNT ON IT

‘In the same way, count yourselves dead to sin but alive to God in Christ Jesus.’

ROMANS 6.11 (NIV)

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### ACT ON IT

‘Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life ...’

ROMANS 6.13 (NIV)

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## Part II: Reflection time

READ ROMANS 6.12–13

What practical changes could you make to stop sin getting close to you?

What would it mean to offer yourself more fully as an instrument in God's hands?



### PRAYER

Pray through Romans 6.12–14. Make a note of any feelings or thoughts that flood your mind. Bring them to God. Ask Jesus to help you walk in the freedom he secured for us.

NOTES:

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### READING ROMANS:

Before the next session, read the following passages in Romans:

- READING 1:  
**Romans 8.1–4**
- READING 2:  
**Romans 8.5–11**
- READING 3:  
**Romans 8.12–17**
- READING 4:  
**Romans 8.18–30**
- READING 5:  
**Romans 8.31–39**



### READING SUGGESTIONS:

- Chapter 5 of  
*Romans: A Letter That Makes Sense of Life*  
by Andrew Ollerton