

United to Christ

Week 3 | Romans 6:1–14 | September 27, 2026

Use this study on your own or with a group. Individuals: write and reflect on the questions. Groups: discuss them together, allowing time for personal reflection.

Begin with prayer.

As you work through the four questions below, ask: What **in the passage** supports your answers?

Read and notice

Read Romans 5:20–6:14. Highlight every phrase that joins us with Christ, and each command in 6:11–13. Notice how often Paul speaks to “we,” “us,” and “you” together. What word or phrase catches your attention?

1. Who is God?

What do verses 4 and 8–10 show about the Father and the Son? What has changed because Christ died once for all, was raised through the Father’s glory, and now lives to God? How does verse 14 describe the power of grace?

2. What has God done?

List what God has done in verses 3–11: Which action most helps you understand salvation as more than forgiveness alone?

3. What does the passage say about who we are?

Paul says we are dead to sin and alive to God in Christ Jesus. How is that different from saying temptation has disappeared? What do the commands in verses 12–13 reveal about the struggle that remains?

Read verse 6. Sin is no longer our master. Where do shame, habit, fear, or desire still speak as though sin owns you? How does verse 14 answer that voice?

Paul addresses a baptized “we,” not only isolated individuals. How does belonging to Christ also join us to people who can remind us of grace, hear confession, encourage change, and walk with us?

In week 1 we heard that we are God’s beloved; we are called, and we belong. Last week we learned that we receive salvation by grace through faith. This week reveals to us the good news that the Spirit unites us to Christ, so his death and risen life become the foundation of our new life.

4. So what?

Paul moves from what God has done to three responses: consider yourself dead to sin and alive to God; do not let sin reign; present yourself and your body to God.

Which response do you most need to practice now?

How do you do that?

Picture this: A familiar temptation speaks as though it still owns you. You tell the truth about the struggle without surrendering your identity: *“In Christ, I am dead to sin and alive to God. Sin will not rule me, because I am under grace.”*

If Jesus is Lord, then he is Lord over every part of our lives. What part of your life would change this week if you lived as though that were true? The way you speak? Your appetites? Your sexuality? Your finances? Your work? How you spend your time? Pray for the Spirit's guidance to help you answer that question, then invite Jesus to be Lord over that part of your life, too.

Picture this: *We are a church where no one has to pretend the struggle is over, and no one is left to struggle alone. We confess sin, remember whose we are, receive grace, and help one another live as people joined to Christ.*

Whom could you invite to pray, tell you the truth, or help you take a faithful next step? How could you offer that same grace-shaped companionship to someone else?

After studying the passage today, ***what might be your next faithful step in response?***

This week: Each morning pray, “In Christ, I am dead to sin and alive to you, God.” Name one part of your day and present it to him. Each evening, thank God for grace, confess where you obeyed sin, and receive Christ’s mercy again.

For further study, read Romans 5:12–21 and Colossians 3:1–4.

Connecting to Sunday

Q5 introduced union with Christ. Romans 6 develops that truth, and Q6 names the changed life that follows.

Q5: How do we receive salvation?

Salvation is God’s gift, received by grace through faith, not by works. The Holy Spirit gives us faith and unites us to Christ. In Christ, God forgives us and brings us back to himself.

Q6: How does this salvation change our lives?

The Holy Spirit dwells within us, reorients our desire, and makes us more like Christ. By his grace, we turn from sin, trust Jesus, and follow him.

Romans 6 grounds union, turning from sin, and new life; Romans 8 names the Spirit’s transforming work.

Q1–Q4 give the gospel story; next week Q7 will name our hope.

This week, practice Q5 and Q6 together.

Catechism references: Q5—Ephesians 2:8–9; Philippians 1:29; 1 Corinthians 12:3, 13; 2 Corinthians 5:18–21. Q6—Romans 8:9–11, 29; 2 Corinthians 3:18; Mark 1:15–17. See also Romans 6:1–14.

Closing Prayer

Thank God for joining you to the crucified and risen Christ. Confess where you have obeyed sin as master. Ask the Spirit to help you live as one alive to God, and pray that our church would remember grace and present our shared life to him.