



Freedom

Session 5 • Romans 6:1-14



ENGAGE

PREPARE: Display **Pack Item 2** (*Poster: Outline of Romans*). Prepare copies of **Pack Item 11** (*Handout: A New Way of Life*). On the board, write “_____ Free” and “Free _____.”

READ: Read the opening paragraph on page 45, encouraging adults to consider things from which they have been set free. Note the feelings associated with “debt free” and “cancer free.” Allow adults to suggest other words that might fit in the blanks for “_____ Free” and “Free _____.” Record their responses under the proper heading.

ASK: In what ways would the promise of freedom make you happy? (p. 45)

REVIEW: Remind adults that Paul had already shown everyone needs a Savior and Jesus is that Savior. Summarize this content from page 45 to highlight Paul’s next step:

- “Paul reminded the Romans that they were not just forgiven of their sins—they were dead to sin. When they accepted Jesus’s sacrifice, they died to sin because all their sins were nailed to the cross. Not only that, but as Jesus rose from the dead, they had been raised to walk in newness

of life. They were to stop embracing the old ways and embrace their Savior rather than their sin.”

EXPLAIN: Point to **Pack Item 2** (*Poster: Outline of Romans*), highlighting the fourth point: *New Life in Christ*. Share that today’s session focuses on the freedom believers experience in Christ.

TRANSITION: *In a relationship with God, the natural progression is to move from justification to sanctification. Because we are right with God, our lives should reflect Him to others. As we’ll see, that transformed behavior was Paul’s focus in Romans 6.*

EXPLORE THE TEXT

READ: Ask a volunteer to read **Romans 6:1-7** as the group underlines recurring words in the verses. Allow adults to share words they noted. Record them on the board.

SHARE: Explain Paul’s opening question in verse 1 and why it’s significant to understand:

- **(6:1)** Paul affirmed that God’s grace increased where sin increased (Rom. 5:20). Having made that claim, he immediately posed a question: If grace grows with sin, should believers sin more?

Faithful disciples might ask this sincerely, but opponents of the gospel would raise it to mislead those who trusted in Christ. Paul's response leaves no room for debate: "Absolutely not!" His sharp answer underscores a crucial truth—when we gave our lives to Christ, we died to a life ruled by sin.

ASK: Why shouldn't believers continue living in sin if sin multiplies God's grace? (p. 47)

DISCUSS: Highlight the word "baptized" (v. 3). Distribute copies of **Pack Item 11** (*Handout: A New Way of Life*) and encourage adults to scan the article. Lead a brief discussion on how baptism illustrates what Paul was sharing about new life in Christ. Talk about the contrasting images of death and life.

READ: Invite a volunteer to read Romans 6:8-11, listening for the contrast between being dead in our sin and alive in Christ.

DISCUSS: Write *Suggestion* and *Command* on the board. Allow adults to share differences between a suggestion and a command. Record their responses on the board under the proper word. Read the following sentences and encourage the group to share if they are suggestions or commands:

- Clean your room.
- Try to eat healthy today.
- Consider yourself dead to sin and alive in Christ Jesus.

ASK: What does it mean to consider yourself dead to sin and alive to God?

What does this look like practically in your life? (p. 47)

SHARE: Explain that Romans 6:11 is not optional; it is a command to be obeyed. Highlight the role of Jesus's death and the importance of our obedient response to die to sin:

- **(6:11)** Jesus died to break sin's rule and open new life for those who trust Him. In verse 11, Paul calls believers to consider themselves dead to sin and alive to God in Christ. The word "consider" comes from the language of accounting and can mean "count," "credit," or "reckon." It calls believers to accept God's declaration as true. We have died to sin, and we now live to God in Christ Jesus. That truth must be embraced as reality and lived out.

SAY: *Paul used the term "in Christ" eighty-six times in his letters, eleven times in Romans, and twice in chapter 6 (vv. 11,23). To be "in Christ" means to live out a new identity as He lives in us, reshaping our character, priorities, and purpose. We are connected to Christ as the head of His body and to the other members of His body.*

ASK: How does the resurrection of Jesus give you confidence in your daily struggle with sin? (p. 47)

TRANSITION: *The Christian life is never just about knowing more. It's also about doing. We are His hands and feet in this world.*

READ: Invite a volunteer to read Romans 6:12-14 as the group listens for the challenge that comes with being alive in Christ.

EXPLAIN: Highlight the word *therefore* and explain how Paul turned his attention to the freedom believers enjoy in Christ.

ASK: How can a person keep from obeying sin and its desires? How can a person avoid allowing sin to become his or her master? (p. 47)

REVIEW: Explain the “ruler” image Paul’s wording conveys in these verses. Highlight the challenge to decide who or what will govern our lives as believers.

- **(6:14)** Paul described sin as a ruling power, but believers are commanded not to let it reign. Though this resistance depends on grace, it also requires the will. Having died to sin (v. 11), believers must actively fight its influence in their lives.

SAY: *Romans 6:12 is a command, indicating believers have a choice and a responsibility. We are dead to sin, but we still need to reject sin’s temptations and influence. We need to replace that desire for sin with a passion for obeying God and being used by Him to fulfill His purposes in our lives and in the world.*

CHALLENGE

SUMMARIZE: Review these points:

- Believers need to understand that they live in union with Christ and act accordingly.
- Believers are to consider themselves dead to sin and alive to God in Christ.
- Believers are to offer themselves to God for the accomplishment of His righteous purposes.

DISCUSS: Lead adults to talk about the imagery of baptism in this session’s verses and its significance for believers.

ASK: How does baptism symbolize your new life in Christ? How does recalling your baptism encourage you to remain focused on devoting yourself to God? (p. 47) If adults have not been baptized, challenge them to take that step of faith.

REFLECT: Direct adults to read the **Apply the Text** questions on page 51 silently. Suggest they spend time this week talking with God about what His new life should look like in them. Urge them to make changes that He reveals.

PRAY: Remind adults that salvation comes to us as a free gift from God because of His grace. Call on a volunteer to close in prayer, thanking God for His gift of salvation and asking that each adult will have the strength to abstain from sin and to follow Christ in obedience during the week ahead.

AFTER THE SESSION

Reinforce the session by sending the group a text or an email that encourages them to consider how effective they are at denying sin and offering themselves as instruments of God’s righteousness. Remind them that spiritual warfare is a part of the Christian life, but God has given us everything we need to be victorious. Challenge them to reflect on the gift of God’s justification with a commitment to sanctification in their lives.