**1. Motivate**

What would most people like to change about their lives?

* where they live
* their jobs
* schools for kids

A video introduction to the Bible study is available. View at <https://watch.liberty.edu/media/t/1_xh5iwq680> . If you have no wi-fi where you teach, best to download to your computer from <https://tinyurl.com/mrnkhctv>

* the team they root for would win
* be better people
* earning power
* ability to handle life better
* provide better life for their kids
* get health back
* be younger (young people often want to be older)

**2. Transition**

Today we study Paul’s explanation of how believers’ lives can be changed for the better.

* We learn that in Christ we are dead to sin
* And we are alive to Christ

**3. Bible Study**

3.1 Set Free from Sin’s Grip

Listen for references to death.

Romans 6:5-7 (NIV) If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. 6 For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin-- 7 because anyone who has died has been freed from sin.

According to Paul, in what ways are we “united to” Christ?

* united with Jesus in His death
* united with him in His resurrection

How does being united with Christ through His death change our relationship to sin?

* if our old sinful self has been put to death (united with Christ)
* then our new life is freed from both the penalty and the *power* of sin over us

Why do we no longer have to live under the domination of sin?

* our old sinful nature has died
* you cannot tempt a dead person to go do something – he/she is *dead*
* we don’t have to yield to those old temptations
* we can consider ourselves dead to the old way of living

If we are freed from sin, why do we continue to struggle with sin?

* we still live a mortal life, in our physical bodies
* we forget or ignore the reality of now being dead to sin’s temptations
* as James says, we still have evil desires and are dragged away and enticed
* but if we reckon ourselves to be dead to those desires, we can have victory over those struggles

Why should a Christian stop sinning even though he or she knows God has forgiven and will forgive those sins?

* as we have experienced the substitutional death of Christ for our sins
* so also we experience in His resurrection, new life
* much more than (but similar to) what we sometimes refer to as “turning over a new leaf”
* we are no longer bound by sin’s power
* we will want to please the Lord
* God has changed our lives – to live to glorify Him, to demonstrate His power at work (not sin’s power)

Consider how our death to sin and being alive to Christ carries over to our resurrection when Jesus comes again …

Lecture

* now we are “positionally” dead to sin and alive to Christ -- this is how God views us
* right now we are still living in our physical bodies and must experience that death to sin and that new life by faith
* When Jesus comes again, we will be experientially separated from sin and joined to Christ in eternal union (eternal life)

How might anticipating this truth affect our daily lives?

* knowing of a spiritual reality gives us something in which to place our trust
* when you know Truth, that Truth sets you free
* looking forward to a spiritual reality is encouraging when you are still “slugging it out in the trenches”

3.2 The Promise of Eternal Life

Listen for the meaning of being alive in Christ Jesus.

Romans 6:8-11 (NIV) Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God. 11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

Identify the truths in verse 8 Paul urged his readers to believe?

* our sinful nature was on the cross with Jesus, it died
* when Jesus was raised from death, we also were raised with Him
* we were given a new life – born again

How will uniting with Christ in His death change the future of our lives?

* the life of the believer was placed (baptized) into Jesus’ death also
* we (through Christ) received the punishment of death as a penalty for our sin
* our old sinful nature was put to death
* just like you cannot tempt a dead person lying there in the casket to go out and do some evil deed
* we can consider our old nature (which was a slave to sin) to have died, lying in the casket and will cannot respond to temptations
* it is up to us, repeatedly to “count yourself dead to sin” and alive instead to God

What does the word “reckon” (or “count”) mean in this passage?

* rely on this truth (that our old sinful nature died)
* believe the reality that we have a brand new life – a start over
* we are alive to God – we are united to a brand new relationship with God – not dead to (separated from) God
* alive to God in Christ Jesus

What is the value of thinking carefully about what Christ has done for those who believe?

* we need to realize the powerful, far reaching implications of being dead to sin, alive to God
* we need to remember it, bring it to mind often
* then when tempted to listen to a sinful temptation, we can remember the reality of being made dead to sin
* when feeling weak and helpless, we can remember we were resurrected with Christ to a new life that victoriously brings glory to God

How does the promise of living with Christ in the next life encourage you to face the challenges of this life?

* then we will be not only freed from the penalty and power of sin
* we will be freed from the very presence of sin
* there we will have glorified bodies (not mortal bodies)
* there will be no temptations
* this should boggle our minds!

How would your life change if you really lived as if your eternal life has already begun?

* you could ignore sinful temptations
* you could experience God’s power in your life to live a life pleasing to Him
* you could be involved in serving God, experiencing His strength
* you are fully aware of the presence of God’s Holy Spirit living within your life, empowering you

3.3 Live in Righteousness

Listen for what the “therefore” is there for.

Romans 6:12-14 (NIV) Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. 14 For sin shall not be your master, because you are not under law, but under grace.

What are the commands in these verses?

* don’t let sin reign
* don’t obey its evil desires
* don’t offer parts of your body to sin
* Instead … offer yourself to God

To whom are believers *not* to yield themselves?

* offer/yield yourselves to God
* yield the parts of your body to Him
* allow God to use your abilities, use who you are to be instruments of righteousness

What does the word “offer” mean here?

* an offering
* we place these things at God's disposal
* we give up control of them, allow God to control them
* we make them available for God to use for His glory

Let’s make a list of things we can offer God.

* our skills, our talents
* our time
* our resources
* our minds, our intellects
* our emotions

What actions and attitudes will demonstrate to people around us that we have committed ourselves in obedience to God?

* priorities are towards God
* how I spend my money
* how I spend my time
* where I go, the entertainment I choose
* integrity in business

Use the last page as a handout so your learners can take home the application points of this week’s lesson.

Application

Consider.

* Consider whether you have been trying to live the Christian life from the outside-in or the inside-out.
* Ask God to help you rely on the power of His Spirit for overcoming sin.

Confess.

* During the next week, invite God to expose areas of disobedience in your thoughts, beliefs, motivations, attitudes, and behaviors.
* Commit to confess these, seeking cleansing and freedom.

Cooperate.

* God has declared you victorious over sin through Christ (1 John 5:5).
* That’s a fact, but we must still live out that truth through faith.
* Invite a fellow group member (of the same gender) or another Christian you know to meet regularly for the purpose of accountability.
* Develop a list of questions you can ask one another and spend time praying for one another.



Crossword Puzzle



Remember, the clues and the words come from Romans 6:5 – 14 (NIV). Help and other Fun Family Activities are at <https://tinyurl.com/mrnkhctv>