



Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Romans 6:13



What's one habit or phase from your past that you're very glad didn't define the rest of your life? (Clothing choices, terrible hairstyles, being misunderstood, embarrassing situation etc.)

Read Romans 6:1-14

1. Romans is written to believers – people who have been forgiven – so how do you understand believers to be “stuck” in their thinking or beliefs?
 - Do you see Christians today stuck in habits, shame, identity or something else mostly? Why do you think that is?
2. Isaiah 43:18 says “But forget all that - it is nothing compared to what I am going to do.”
 - What is the difference between remembering your past and dwelling on it? *Remembering is the act of acknowledging past events to learn or reflect, while dwelling is obsessively replaying past, often negative, events, which hinders present-moment living*
 - How can dwelling on the past subtly undermine faith in what God has already done? (Psalm 103:11-12, Isaiah 43:18-19)

3. Romans 6:1-2 makes it clear that we should not continue in sin – why do you think some Christians speak about grace – but don't appear to have been transformed?
 - What does Titus 2:11-12 “train” or “teach “ us?
 - How is that lived out in a practical way?
 - Where can you see that grace has changed your desires or choices – not just your beliefs?

 4. John 8:34-36 speaks about the freedom believers have in Jesus – but it also says everyone is enslaved to sin. What are some things that people in our society freely choose today that later control them?
 - how does the freedom Jesus speaks of, differ from me doing what ever I want? (isn't that true freedom?)
 - Is Christian freedom – true freedom – come from independence or belonging?
 - Why is it so hard to accept *“if the son sets you free, you are truly free”* over self-help?

 5. Romans 6:6, Galatians 2:20 and Colossians 3:3 all emphasise one point – what is it?
 - Why do so many think that following Jesus is improving their old self rather than their old self being dead?
 - How does this affect the way people understand sin and change?
 - In Romans 6:11 Paul calls us to a new way of thinking – why does he call for a shift in our thinking rather than behavioural change?

 6. If sin is no longer our master (Romans 6:14) how does starting from this position of freedom change the way we face temptation or failure?
 - What spiritual practices help reinforce this truth when our emotions may contradict it?

 7. What is one area in your life where you need to stop identifying with the old self and start living from your new identity in Christ?
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