



## Study Guide

### Romans Course

#### Session 5: Freedom

#### How can we avoid negative cycles?

1. What comes to mind when you think of freedom? Sometimes what starts off as freedom becomes something that controls us (think about addictions). Does this change your perception of freedom?
2. Please read Romans 6: 3-4. To what extent do you know that you died **with** Christ and have been set free from the **penalty** of sin? What difference does this make to your sense of identity?  
  
(A reminder of the definition of sin Tim used in Session 3: *Grace; it's not living up to the standard God has set for us; it's doing the things he would expect us to avoid and not doing the things he would have us do.*)
3. Please read Romans 6:6-7. To what extent do you know that you have been set free from the power of sin?
4. If we have *died to sin (v2)*, and *sin has lost its power in our lives (v6)*, why do Christians still sin? How might we explain this to non-Christians, who often try and tell us how we should (or shouldn't) behave?
5. Please read Romans 6:11. Do you consider (other versions say reckon or count on) yourself dead to sin or do you still think sin has power and influence in your life? How might **considering** who we are in Christ help us not give in to temptation?
6. Thinking about an interaction or recent circumstance, where has it been taking you – towards God or away from God? What was the situation and what were the temptations? If you feel able, share with the group and together think of Scriptures to arm yourself with should this temptation come your way again. If it helps, you could choose worship songs instead.
7. Please read Romans 6: 12-14. What would it mean to offer yourself more fully as an instrument in God's hands?
8. On Sunday, Dawn made some practical suggestions that might help us live in the light of the truth that we are free from the power of sin. As a reminder 1) Spend time with God 2) Make a lie list 3) Remember that Paul was writing to a community and 4) Pray, using a model prayer or prayer from Scripture when you just don't know where to start. Do you think you would benefit from putting any of these into practice? If you are already practising any of these, share encouragement with others.