

Session 5: Freedom.

How can we avoid negative cycles?

Welcome to Session 5 of our teaching series on Romans. In this session you will find worship song suggestions, a sermon outline and a written prayer.

KEY VERSE:

‘We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.’

ROMANS 6.4 (NIV)

BIBLE READINGS:

Romans 6.1–7, 11–14

MAIN QUESTION:

How does knowing the truth of the gospel empower us to live free from the power of sin?

MAIN THEMES:

Gospel, grace, sin, death, resurrection, baptism, freedom, righteousness

Context:

Having unpacked the gospel of grace and celebrated the peace that Jesus brings, Paul now addresses a particular objection: does grace mean we can just carry on in sin?

Summary:

Having walked through the gospel in Romans 1–5, Paul now applies it directly to the lives of the Roman believers, showing them how they can live free from sin. He begins with their beliefs, reminding them of what is already true about their identity, before turning to their behaviour, instructing them to present their bodies to God as instruments of righteousness.

WORSHIP SONG SUGGESTIONS:

- Amazing Grace
- Cornerstone
- Your Grace Is Enough
- All Hail King Jesus
- Hymn Of Heaven
- Who You Say I Am
- Glorious Day

CONCLUSION

How do we live in the light of this?

Below are some suggested points of application. Feel free to select a couple of points which are most appropriate to your setting.

- Make some suggestions for how people can regularly remind themselves of the truth of who they are in Christ. Perhaps people may want to start each day reading and affirming their new identity. You could draw out a selection of verses from Romans – or the rest of the New Testament – and make them available to people.
- You may want to write a short prayer that people can keep with them or memorise, and use whenever they feel tempted. Something that reminds them that their old self is dead, that they have been raised with Christ, that sin no longer has mastery over them, and that they can choose to walk in righteousness.
- Remind people that they don't walk alone and there is hope even when they fail. Romans was written not to an individual believer, but to a community, and we are meant to help and support one another. Signpost ways that people can find help and accountability within your church. It may be that you have midweek groups, an accountability programme, or a pastoral support team. You can encourage people to find a trusted friend with whom they can be honest, to encourage and support them.
- If people in your congregation do experience serious addictions, you may also want to signpost places they can receive support, whether through Christian counselling or a recovery programme. And of course, do offer prayer.

READING
SUGGESTIONS:

- *Romans: A Letter That Makes Sense of Life* by Andrew Ollerton
- *The Message of Romans* by John Stott
- *Romans 1–7 For You* by Timothy Keller
- *God's Lavish Grace* by Terry Virgo

WRITTEN
PRAYER

Lord Jesus, we thank you for the wonderful and powerful truth of your gospel. Thank you that freedom from sinful patterns of behaviour is possible and that we no longer have to live under the weight of our sin. Where we need to find freedom, please set us free. Holy Spirit, please come and live in our hearts and empower us to live free, for your glory. May your truth truly set us free! Amen.