

# Session 5: Freedom.

## How can we avoid negative cycles?

ROMANS 6–7

KEY VERSE:

**‘Offer yourselves to God as those who have been brought from death to life ... sin shall no longer be your master ...’**

ROMANS 6.13–14 (NIV)

### Key themes

- Christians are ‘in Christ’
- We have been crucified with Christ
- Raised to new life in Christ
- Freedom in Christ
- Victory over sin
- Live as ‘instruments of righteousness’

### Possible issues

**SOME MAY FEEL DEFEATED IN THEIR PERSONAL LIFE**

**Response:** This isn’t easy, but it may help to discuss this with a church leader or close Christian friend. Or memorise/meditate on some key Scriptures.

**SOME MAY BE STRUGGLING WITH FORGIVENESS**

**Response:** Again, this may not be a quick fix, but assurance of God’s forgiveness through the Scriptures, opportunity for confession with a trusted leader or Christian friend or counselling could all help.

### Wrap up

- In summary: our old life was buried with Christ; we are now free to live a new life in Christ. Live in the truth of what Christ has done. We should count ourselves dead to sin and offer ourselves as instruments of righteousness
- Reminder of daily readings
- Next week: Hope. What has God promised?

### SUGGESTED OUTLINE

- Refreshments
- Welcome and introduction with recap of previous session  
(4 minutes)
- Optional discussion starter questions  
(5 minutes):  
Who would you like to emulate and why? Perhaps a footballer, a singer or favourite artist? How likely is it that this is going to happen?
- Video part 1  
(15 minutes)
- Discussion time (questions in participants’ guide)  
(25 minutes)
- Video part 2  
(10 minutes)
- Personal prayer/reflection  
(10 minutes)