

Introduction

? Do you hang onto things from the past? Keepsakes? Items you associate with certain memories or experiences? Why or why not?

? In general, what do you think makes it hard to get rid of things we have held on to for many years whether physical possessions, old habits, or something else?

1. Jesus Frees Us from Our Past (Romans 6:5-7)

? What does it mean to be enslaved to sin? Since all believers still sin, are we still enslaved? If not, what is the difference?

? Are there areas of your life in which you still feel enslaved to sin? What is keeping you from walking in the freedom that Christ offers?

2. Jesus Secures a New Life (Romans 6:8-10)

? How would you explain new life in Christ to someone not yet believing?

? How might this look different for people who come to faith in Christ at various ages and stages of life?

? Why is it significant that Christ has died but will not die again? How does this impact our lives in Him?

 If you're a believer, how does your life currently reflect the new life you have in Christ? What needs to change?

3. Jesus Makes Us Alive in Him (Romans 6:11)

 Having been freed, why do you think Christians so often find themselves bound to their sinful ways?

 Do you feel the tension between who you once were and who Christ is calling you to be? In what areas of your life do you feel this the most?

 What ways do you daily remind yourself of who God says you are and how you are to live according that identity?

 What habits or rhythms have you found particularly helpful?

 Which of the verses listed above do you need to cling to the most right now? Why does this resonate with you specifically?

Conclusion

 Are there vestiges of your old self that you can't seem to get rid of? How can you submit these areas to Christ, seeking ongoing freedom from these areas of sin?

 Who are the people around you that spur you on to live in the newness of Christ? In what areas do you most need their accountability and help to point you to Christ? If you don't have those people, start praying for the Lord to bring those people into your life that can help you daily die to sin and live for Christ.

 How does living new life in Christ point others to the truth of the gospel?

Daily Readings

- Monday - 1 Peter 1:14-16
- Tuesday - 1 John 3:6-10
- Wednesday - 2 Cor. 7:1
- Thursday - 1 Thess. 5:23
- Friday - Philippians 4:8
- Saturday - 1 Peter 2:24