

Small group optional guide: Romans series: New Life New Lord

UP; we grow in our love for Jesus through the word & worship

WORD: Romans 6:1-5

Romans 6 marks a major turning point in Paul's letter. In chapters 1–5, Paul has focused on justification — who we are in Christ. Through faith in Jesus, we are declared righteous, forgiven, and accepted by God, not because of our works but because of Christ's finished work. That is our position.

But in Romans 6, Paul shifts from position to practice. He moves from what is true of us to how we now live. This is the realm of sanctification — the ongoing shaping of our lives under the lordship of Jesus.

Paul anticipates a question that many believers quietly wrestle with: If God's grace keeps covering my sin, why do I still struggle? And does it really matter if I keep sinning? Paul addresses this head-on:

"What shall we say then? Are we to continue in sin that grace may abound? By no means!" (Romans 6:1–2)

Grace is not permission to sin; it is power to live differently. The Christian life involves a real battle. Though we are born again spiritually, we still live in fallen bodies. Our spirit longs for holiness, but our flesh remembers what it once loved. This inner conflict does not mean new life hasn't begun — it is evidence that it has. As Paul later admits, he does what he hates and fails to do what he desires (cf. Romans 7). Scripture reminds us that though we walk in the flesh, we do not wage war according to the flesh (2 Corinthians 10:3).

Paul anchors believers with three truths to help us fight this battle.

1) What We Know: Paul asks, "Do you not know...?" (Romans 6:3). The Christian life is grounded in truth, not feelings. Feelings fluctuate, but truth stands firm. God's Word consistently calls us to know what is true, even when our emotions argue otherwise. Our flesh may feel one thing, but our spirit is called to know another.

2) What We Have Declared (Baptism): "All of us who have been baptized into Christ Jesus were baptized into his death." (Romans 6:3) Baptism does not create new life; it declares it. Like citizenship or marriage, baptism marks a decisive change of identity and allegiance. Going under the water proclaims that our old self has died with Christ; coming up declares that we now belong to Him. Paul's imagery is striking: returning to sin is like trying to revive a corpse. Sin used to be our master, but no longer. Baptism gives us a clear moment we can point to and say, "I belong to Christ. He is my Lord." "We were buried therefore with him by baptism into death... so we too might walk in newness of life." (Romans 6:4)

(...continued) **3. How We Walk:** The Christian life is not just about avoiding sin; it is about moving forward. "...that we too might walk in newness of life." (Romans 6:4) Walking implies direction, movement, and purpose. New life means actively stepping toward Christ — in what we watch, what we listen to, how we speak, how we use our bodies, and where we place our time and energy. Stagnation is a warning sign. Paul's call is not merely to stop doing wrong, but to start walking toward what is good.

The encouragement of Romans 6 is this: we are not fighting for new life; we are fighting from it.

"For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his." (Romans 6:5) Jesus is not finished with us. When we grow weary or drift back to what is familiar, He calls us again — to return, be refreshed, and keep walking under our new Lord.

Discussion Questions

- **Belief Check:** Paul says we have died to sin and are united with Christ (Romans 6:2–5). Where do you find it hardest to truly believe this is already true of you?
- **Turning Away:** What is something from your "old self" that you are tempted to return to — even though it no longer fits who you are in Christ?
- **Direction of Life:** Looking honestly at your habits, choices, and influences, would you say the direction of your life is moving toward "newness of life"? What is one practical step you need to take to walk differently this week?

Worship songs from Sunday:

No one like the Lord / Same God / King of my heart / Worthy / I surrender

IN; we connect and learn to love one another

The next few sermons deal directly with struggles with sin that each of us face, pray with one another and talk about peer discipleship groups, where 2-4 people gather to talk, pray and speak truth over one another. Are you in one, can you start one?

OUT; we reach out to show people outside of JCC that God loves them

Alpha continues this week

Please invite – its not too late

Alpha started last week and we had 10 guests join us, it was a great introduction to what alpha is but you can still invite guests to join this Wednesday 28th 7:45pm in the JCC café.

