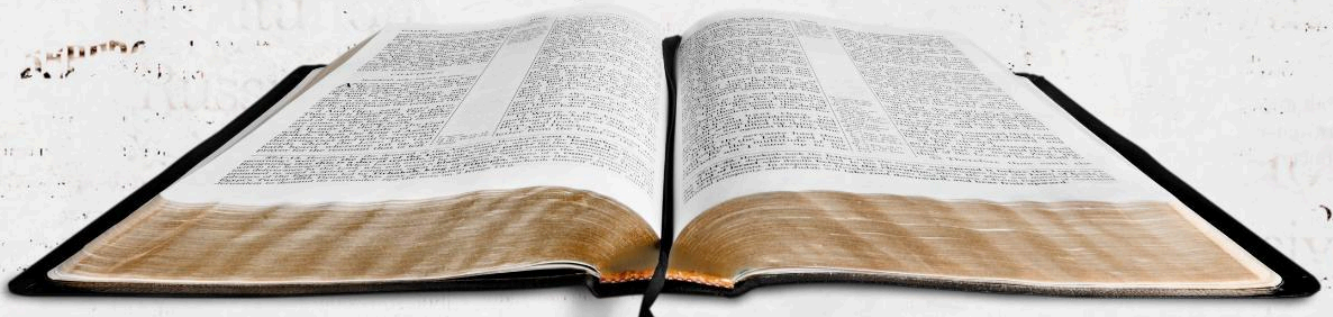


NOT ASHAMED

Romans 1 - 8

How to stop Sinning

Connect group notes



TOPIC : Romans: 6 How to stop Sinning

To find this sermon visit

www.outlookchurch.co.za/sermons

MEDITATION TIME:

Welcome to our weekly small group BIBLE MEDITATION outline. The goal is to get people chewing on the Word of God. We use a simple strategy called **S. O. A. P.** to guide us through.

Let's dive in:

S - SCRIPTURE: Today's text(s) are:

Romans 6

We encourage you to each read a verse as you go round the group - use whatever translation you have.

If you don't want to read aloud then just nudge the person after you, but do your best to join in.

O - OBSERVATION:

The goal here is to underline or highlight the verse that stands out to you the most.

What verse that catches your attention?

What words or phrases in that verse stand out in particular?

Take a few moments individually to answer these questions.

A - APPLICATION: Now ask people to take turns to share their verse, by getting them to answer these two questions:

Which verse did you choose and what is it saying?

Why do you think the Holy Spirit is highlighting this verse to you?

P - PRAYER: Once everyone has had a chance to share their verses, close the evening with a round of prayer.

Ask everyone to turn their verse and what they felt God saying to them into a short prayer for the rest of the group.

Go clockwise around the table giving everyone a chance to pray.

Summary

The sermon focuses on how to stop sinning, based on Romans 6. Two main metaphors are used to illustrate the choice we have: either marriage to Christ or mastery/slavery. Depending on which one we choose will result in whether or not we will be able to break free from sin.

When we are baptized into Christ, we are united with His death, burial and resurrection, giving us a new identity and freedom from sin's power. However, we must choose whether to be slaves to sin or slaves to righteousness.

Question: What's one habit or routine you've successfully changed in your life? What helped you make that change stick?

KEY TAKEAWAYS

- Your behavior always follows your identity - see yourself as God sees you. Redeemed by His blood.
- We have two sources of desires: flesh and Spirit - the ones we fellowship with are the ones we'll follow.

- Sin needs a body part to become action - stop offering yourself to sin and start offering yourself to God.
- Victory over sin comes through a relationship with Jesus, not just trying harder.

GOING DEEPER:

Questions:

- 1. How does understanding your new identity in Christ help in battling sin?**
- 2. What role do desires play in our struggle with sin?**
- 3. How can we better 'fellowship' with Holy Spirit desires instead of sinful desires?**

4.What does it mean to 'offer your body parts' to God versus to sin?

5.How does your relationship with Jesus impact your ability to resist sin?

ACTION STEP

This week, identify one area where you frequently struggle with sin. Each morning, deliberately offer that specific part of yourself to God for His purposes instead. For example, if you struggle with negative speech, consciously offer your tongue to God for encouragement and truth-telling.

Romans 6

What shall we say, then? Shall we go on sinning so that grace may increase? 2 By no means! We

are those who have died to sin; how can we live in it any longer? 3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? 4 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.

5 For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. 6 For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin — 7 because anyone who has died has been set free from sin.

8 Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God.

11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. 14 For sin shall no longer be your master, because you are not under the law, but under grace.

15 What then? Shall we sin because we are not under the law but under grace? By no means! 16 Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? 17 But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. 18 You have been set free from sin and have become slaves to righteousness.

19 I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness. 20 When you were slaves to sin, you were free from the control of righteousness. 21 What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! 22 But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. 23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.