

Romans 6:1-14 — Small Group Handout

OPENING QUESTION

Think about something that used to define you—a job, hobby, relationship, season of life, accomplishment, failure, or reputation.

How easy is it for something from our past to become part of the way we define ourselves today?

Allow several people to answer before transitioning into the passage.

READ THE TEXT

Read Romans 6:1–14 together.

As you listen, notice the words Paul uses to describe what has already happened to someone who belongs to Christ.

1. KNOW — Your Old Master No Longer Owns You

Romans 6:1–7

Paul reminds believers that through union with Christ, something fundamental has changed. The old self has been crucified with Christ, and believers are no longer enslaved to sin.

Discuss

1. Why do you think Paul responds so strongly to the idea that grace gives Christians permission to continue living in sin?
2. Paul says that we have been united with Christ in His death and resurrection. What does that tell us about what it means to become a Christian?
3. The sermon made the distinction that a Christian can still be tempted by sin, struggle with sin, and even fall into sin without being enslaved to sin. Why is that distinction important?
4. What is the difference between saying:
 - “I struggle with this sin,” and
 - “This is just who I am”?

Dig Deeper

Paul does not begin by telling Christians to try harder. He begins by reminding them what God has already done.

Why is understanding our identity important in the battle against sin?

2. COUNT — Believe What God Says Is True About You

Romans 6:8–11

Paul says:

“Consider yourselves dead to sin and alive to God in Christ Jesus.”

To “consider” or “count” something means to recognize and live according to something that is already true.

Discuss

5. Why can it sometimes be difficult to believe what God says about us when our feelings or experiences seem to say something different?
6. What are some messages that temptation, shame, or our past might tell us?

For example:

- “You’ll never change.”
- “This is who you’ve always been.”
- “You’ve already failed too many times.”
- “You still belong to this.”
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What truths from Romans 6 answer those lies?

7. The sermon said:

“Don’t determine your identity from the strength of today’s temptation. Determine your identity from the finished work of Jesus Christ.”

How could remembering that truth change the way you respond the next time temptation comes?

3. OFFER — Give Your New Life to Your New Master

Romans 6:12–14

Paul finally moves from what we should know and believe to what we should do.

“Present yourselves to God as those who have been brought from death to life.”

Every part of our lives can be presented either to sin or to God.

Discuss

8. Paul specifically talks about presenting our bodies to God. What are some practical ways our eyes, mouths, hands, minds, money, phones, time, or relationships can be offered either to sin or to God?
9. Christianity is not simply learning to say no to sin; it is learning to say a much bigger yes to God.

How does that change the way we think about obedience?

10. Is there an area of your life where you have mainly been asking,
“How do I stop doing this?”

What might change if you began asking,
“How can I offer this part of my life to God?”

PERSONAL APPLICATION

The sermon ends with three simple responses:

KNOW

What do you need to remember about what Christ has already done for you?

COUNT

What truth from Romans 6 do you need to intentionally believe this week?

Complete the sentence:

"Because I am in Christ, I am no longer _____. I am _____."

OFFER

What specific part of your life do you need to intentionally present to God this week?

Consider:

- My mind
- My eyes
- My mouth
- My relationships
- My habits
- My phone
- My money
- My sexuality
- My time
- My attitude

GROUP CHALLENGE

Each morning this week, pray through Romans 6:11–13.

You might simply pray:

"Father, because of Jesus, I am dead to sin and alive to You. My life belongs to You. Today, I give You my mind, my eyes, my mouth, my hands, my relationships, and my choices. Use me for Your purposes."

When temptation comes, practice reminding yourself:

"Sin may still speak, but sin is no longer my master. I belong to Jesus."

CLOSING QUESTION

Go around the group and answer:

What is one truth from Romans 6 that you want to remember when you walk out the door tonight?

PRAYER

Spend time praying that God would help your group:

- believe what is true about their identity in Christ,
- fight sin without hiding in shame,

- recognize the freedom Christ has already won,
- and increasingly offer every part of their lives to God.

Close by thanking Jesus that grace does more than forgive us—grace gives us new life.