



“The Resurrection! Alive in Christ!”

Romans 6:1-14

Reading and Study Guide for the week
of Mar. 10-16, 2024

Memory verse: “If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.” (Romans 10:9)

This week, read and study Romans 6:1-14. Some questions to answer and think about this week with your family or Community Group:

1. What motivates people to make major changes in their lives?
2. Why should a forgiven, justified person make a strong effort not to sin? For what reason would a person not want to live in sin any longer? (6:1-2)
3. What does baptism symbolize about our relationship to Christ? (6:2–4)
4. What makes it possible for a person to live a new life? (6:4)
5. How does being united with Christ through His death change our relationship to sin? (6:7)
6. How will uniting with Christ in His death change the future of our lives? (6:8–10)
7. In a person’s new relationship with God, what is his or her relationship to sin supposed to be? (6:11–12)
8. How does being under grace change a person? (6:14)
9. How does God help a person discard old habits and tendencies?
10. How can you actively resist the tendency to sin in your everyday life?
11. How can you offer yourself as an instrument of righteousness to God and to others this week?¹

Life Application Bible Notes

6:1, 2 If God loves to forgive, why not give him more to forgive? If forgiveness is guaranteed, do we have the freedom to sin as much as we want to? Paul’s forceful answer is *Of course not!* Such an attitude—deciding ahead of time to take advantage of God—shows that a person does not understand the seriousness of sin. God’s forgiveness does not make sin less serious; his Son’s death for sin shows us the dreadful seriousness of sin. Jesus paid with his life so we could be forgiven. The availability of God’s mercy must not become an excuse for careless living and moral laxness.

6:1–4 In the church of Paul’s day, immersion was the usual form of baptism; that is, new Christians were completely “buried” in water. They understood baptism to symbolize the death and burial of the old way of life. Coming up out of the water symbolized resurrection to new life with Christ. If we think of our old, sinful life as

¹ WORDsearch, [Adult Questions for LESSONmaker](#) (WORDsearch, n.d.).

dead and buried, we have a powerful motive to resist sin. We can consciously choose to treat the desires and temptations of the old nature as if they were dead. Then we can continue to enjoy our wonderful new life with Jesus (see Galatians 3:27 and Colossians 2:12 and 3:1–4 for more on this concept).

6:5ff Because we are united with Christ in his death, our evil desires and bondage to sin died with him. Now, united by faith with him in his resurrection life, we have unbroken fellowship with God and freedom from sin’s hold on us. For more on the difference between our new life in Christ and our old sinful nature, read Ephesians 4:21–24 and Colossians 3:3–15.

6:6, 7 The power of sin over us died with Christ on the cross. Our “old sinful selves,” our sinful nature, died once and for all, so we are freed from its power. The “power of sin” refers to our rebellious sin-loving nature inherited from Adam. Though we often willingly cooperate with our sinful nature, it is not us but the sin in us that is evil. And it is this power of sin at work in our life that is defeated. Paul has already stated that through faith in Christ we stand righteous before God. Here Paul emphasizes that we need no longer live under sin’s power. God does not take us out of the world or make us robots—we will still feel like sinning, and sometimes we will sin. The difference is that before we were saved we were slaves to our sinful nature, but now we can choose to live for Christ (see Galatians 2:20).

6:8, 9 Because of Christ’s death and resurrection, his followers need never fear death. That assurance frees us to enjoy fellowship with him and to do his will. This will affect all our activities—work and worship, play, Bible study, quiet times, and times of caring for others. When you know that you don’t have to fear death, you will experience a new vigor in life.

6:11 “Consider yourselves to be dead to the power of sin” means that we should regard our old sinful nature as dead and unresponsive to sin. Because of our union and identification with Christ, we no longer want to pursue our old plans, desires, and goals. Now we want to live for the glory of God. As we start this new life, the Holy Spirit will help us become all that Christ wants us to be.

6:12 How can we keep this command to not let sin control the way we live, to not give in to its desires? We can take the following steps: (1) Identify our personal weaknesses, (2) recognize the things that tempt us, (3) stay away from sources of temptation, (4) practice self-restraint, (5) consciously invest our time in good habits and service, and (5) lean on God’s strength and grace.

6:13 When Paul uses the term “instrument of evil,” he uses a word that can refer to a tool or a weapon. Our skills, capabilities, and bodies can serve many purposes, good or bad. In sin, every part of our bodies are vulnerable. In Christ, every part can be an instrument for service. It is the one to whom we offer our service that makes the difference. We are like lasers that can burn destructive holes in steel plates or do delicate cataract surgery. Will you give yourself completely to God, asking him to put you to good use for his glory?

6:14, 15 If we’re no longer under the law but under grace, are we now free to sin and disregard the Ten Commandments? Paul says, “Of course not!” When we were under the law, sin was our master—the law does not justify us or help us overcome sin. But now that we are bound to Christ, he is our Master, and he gives us power to do good rather than evil.²



Romans Study Guide questions and notes are from

² [Life Application Bible Notes](#) (Tyndale, 2007), 1904.