

The Life

Following Sunday 28th June
Romans 6.12-23 A Good Life



Welcome

Can you remember how much you were paid for your first job?

Worship

Give thanks to God for the free gift of eternal life that is ours through Jesus. We now live in a new way because of the grace that God shows to us. Play a song about God's amazing grace and give thanks that we have been set free from slavery. We are so blessed by Him.

Word

Read Romans 6.12-23 as Paul underlines all that this gift means to us.

1. Verses 12 to 14 gives us a red light about allowing sin into our lives. We should never do this. Share how you have found ways to avoid sin in your life. What helps us to never surrender to sin?
2. The middle section of verses 15 to 18 presents us with a reason to not go back to sin. We have a new identity and a new focus. Why is it better to dwell on a positive way forward? How can we live out this life of being a slave to righteousness?
3. Finally, this section is rounded off with a big green light. This is how we should live. What are the benefits of our new way of life? Do you think that verse 23 is a helpful verse to remember?
4. Share with one another the difference that being set free from sin has made for you. Pray that for each other we might grow more and more like Jesus who shows us what a holy life looks like.

Witness

This section shows us that there are really only two ways to live. Some people disregard the consequences of sin and fail to accept God's free gift of eternal life. How could you shine in a way this week that makes you attractive to others who might see Jesus in you?

Following Sunday 5th July – Romans 7.15-25
A Life of Struggle

Welcome

Have you ever seen a rescue operation or been rescued yourself?

Worship

Give thanks to God that we have been rescued by Jesus. Read Colossians 1 verses 13 to 20 and spend time thinking about all the different things that Jesus has done for us. Give Him glory and praise Him for all that He is and always will be.

Word

Read together Romans 7 verses 15 to 25 as Paul gets real about sin.

1. This is a very personal plea for us not to underestimate the power of sin in our lives. Paul was a very holy and good man yet still he struggled. Does it help to know that we will all have to battle against sin as long as we are flesh and blood?
2. There is no sense of trying to find an excuse for these failings. Paul takes personal responsibility for all his mess. Do you think we to quickly look outside of ourselves for excuses to diminish the part that we play in our mistakes?
3. It is as if we have this tendency programmed into us. How does the fact that we have all fallen short of the glory of God change the way we see ourselves and those around us?
4. While we are still on earth there will always be a battle against sin in our lives. But we can be sure that we have a Lord who has come to rescue us. Our final outcome depends on what He has already done. Pray that this hope would be set within us.

Witness

The world around us treats sin as an acceptable part of our world. Pray for the chance to share with someone your struggle against sin so that they might have hope in their life. It is in being open and honest with others that we make our faith authentic.

Following Sunday 12th July – Romans 8.1-11

A Life in the Spirit

Welcome

Have you ever had a guide who took you somewhere special?

Worship

Find the worship song *Before the throne of God above*, (good version on You Tube with Selah). There is now no condemnation for us because our King of glory and of grace has paid the price. Give thanks for these amazing truths. Pray for one another to know this deep within our hearts and souls.

Word

Read Romans 8.1-11 as we are introduced to the Spirit's work in us.

1. We can be paralysed by the memories of things that we have said and done in the past - *Satan tempts us to despair*. But we have been set free from the past to live for a new future. Look at verses 1-2, is this true for us now, today?
2. The Holy Spirit is mentioned 11 times in these 11 verses. In verse 4 we are called to live or walk according to the Spirit. How do we let the Spirit guide us? How do we keep in step with Him?
3. We are to let the Spirit have control of our minds and of our lives. We must make space for the Spirit in us. How does this help us to fight the battle against sin? As we do this what benefits do we experience and how are we transformed?
4. This is not an optional extra but an essential part of belonging to Jesus. Take time to pray for one another that the Holy Spirit would fill our hearts and minds. Encourage one another to walk with the Spirit in the week ahead.

Witness

Is there a practical way that you can show those around you that the Spirit is at work in you? How could His love, joy and peace be made real for someone you might meet?

Following Sunday 19th July – Romans 8.12-15

A Family

Welcome

Can you describe a family you admire?

Worship

We are loved and accepted into God's family. Give thanks that we have a good heavenly Father who will never let us down. Pray that this reality will take away all the hurts that we may have experienced in our own earthly families. Perhaps find the song *Good, Good Father*.

Word

Read Romans 8.12-15 making sure we include both brothers and sisters, sons and daughters in our understanding of what is said.

1. In verses 12 and 13 we see this choice before us of life or death. Why is our choice called an obligation? Is this always our choice?
2. Verse 15 gives us a beautiful intimate picture of us being able to call the God who made the heavens and the earth Abba, Daddy. This is our new identity. How does this make you feel? Why does this stamp on the fear that we may have carried in our lives?
3. If this is true then we are heirs within God's household and Jesus is our brother as well as our Lord. What is our new inheritance? How does this truth help us to live here and now?
4. The Spirit shows us who God really is. He is not a stern taskmaster waiting for us to break the rules so that he can punish us but a loving father who will never let us go. Pray that we might accept this reality in our lives.

Witness

There is room in God's family for everyone on planet earth. We don't need to worry that He might lessen His love for us if we invite others to know him. Is there someone you might be able to talk to who might need to know His love? Pray for an opportunity to speak of His love to someone this week.