

staying in shape as a Christian

LIFEquestions

Your Story

- · When would you say you first encountered Jesus? What did you find attractive about him?
- · If someone asked you, 'why are you a Christian', how would Jesus figure in your answer?

God's Story*:

Read the passage on the opposite page.

Take a slow look at the LIFEText (opposite) and consider these questions:

- This passage frequently mentions sharing in Jesus' death or being 'crucified' with Jesus (which may sound weird to some of us!). See if you can find all the references. What do these references mean?
- What about us needs to die enjoy 'new lives' (v4).
- How does the stark contrast between 'death' and 'life' help us understand what it means to be a Christian?
- We often think of Jesus' death as paying the penalty for our sins (which it did!), but verse 10 talks about breaking 'the power of sin'. What power does sin have, and why is it good news that it has been broken? (see Romans 7:14-17; 25 & 8:5-9).
- What is your experience of being freed from the power of sin?

Your Story

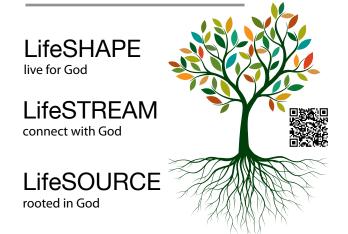
- How can you 'consider yourself' to be dead to the power of sin this week?
- Pray for one another to experience the reality of freedom from the power of sin this week.

LIFEText

4 For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.

5 Since we have been united with him in his death, we will also be raised to life as he was. 6 We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. 7 For when we died with Christ we were set free from the power of sin. 8 And since we died with Christ, we know we will also live with him. 9 We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. 10 When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God. 11 So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

Romans 6:4-11 (NLT)



^{*} These questions are a guide only. Do not feel you have to cover them all. Do feel free to allow the conversation to develop in other directions, if it seems fruitful (and stays on the subject!). Do pray for one another.