Romans

Lesson 2: Free to Live

**Lessons in this series:** [1](http://www.teensundayschool.com/337/lesson/unashamed.php) **2**[3](http://www.teensundayschool.com/340/lesson/action.php)

LESSON OBJECTIVES

Goals

1. To outline Romans 6-8 in a simple, understandable way  
2. To challenge students to recognize that they are called to freedom  
3. To inspire students to break the shackles of sin and instead submit their lives to Jesus

Topics

Behavior, Burdens, Contentment, Endurance, Following Jesus, Grace, Light, Obstacles, Sin

Scripture Memorization

Romans 6:18

OPENING PRAYER (5 to 10 minutes)

GROUP BUILDING (5 minutes)

**The Big Three** *(Everyone has to answer these three questions, but don’t spend too much time on them—we’ve got a lot to cover today!)*• What’s the best thing that happened to you all week?  
• What’s the funniest thing you experienced all week?  
• What’s the most embarrassing thing you did all week?

GETTING STARTED (5 minutes)

**Creative Idea** (*Optional)*Grab a zip tie for every member of your group. At this point in the study, bind everyone’s hands in front of them. Make sure that the zip tie is tight, but not so tight that it will hurt the students. Keep them bound until the “Making it Real” section of the lesson as an illustration of being bound.

DIGGING IN (25 minutes)

**Read Romans 6:15-23**

**Discussion Questions:**1. What do these verses say to you?  
2. According to verse 16, how do you know to whom you are enslaved? *(You obey the one to whom you are enslaved.)*3. What does verse 18 specifically mean to you?

The truth is, no matter what, everyone is enslaved to something. The question is, what enslaves each of us?

God is a liberating God. He calls you to freedom. Interestingly, to be truly free, you have to become a slave, and Jesus Christ has to be your master.

**General Discussion:**• When you hear the word “slave” what do you think? How has that word taken on a negative stigma in our society?  
• How can considering a life of submission to a master be a difficult thing to accept?  
• How can you see living a life of service to someone else as a type of freedom?  
• In what ways have you experienced feeling the bondage of sin?

I want to settle in on a verse, one that I think is good to memorize: Verse 18. Someone re-read that for us.

**Re-read Romans 6:18**

**Discussion Questions:**1. In what ways have you experienced freedom from sin since you have chosen to follow Jesus? *(Of course, this question only makes sense if some of your group has made that choice.)*2. How can you be a “slave” to something like righteousness?  
3. What is the difference between the behavior of a "slave to sin" and a "slave to righteousness"?  
4. According to verse 18, what is one of the prerequisites to being enslaved to righteousness? *(You are set free from being a slave to sin.)*

This idea is echoed through the entire length of Romans 6, 7, and 8.

**Read Romans 6:4-5, 6:8, 6:11, 6:14, 7:4, 7:6, 8:1-2, 8:5, 8:9, 8:13-14  
  
Discussion Questions:**1. Why do you think Paul goes through all the trouble to state and re-state this truth so many times?  
2. Do you think the Romans were listening? Do you think they got it? Do you get it?

It is easy to recognize that we should be enslaved to the right master. Jesus should not just be our Savior; He should be our Lord. It’s one thing to recognize that. Yet, the question persists:

3. How do you live a life free from the shackles of sin but bound to Christ?

MAKING IT REAL (20 minutes)

*If you are doing the optional activity in GETTING STARTED, ask how the students' wrists are feeling.*Living indebted to God is not slavery in any physical sense. Instead, our loyalty to God gives us the most empowering, freeing, liberating position we could have.

**Think of it this way:**

When you were a young kid, you loved to color, but you could not really stay within the lines—some of you still might not be able to. Once you learned the boundaries, the relationship of limits and responsibility with freedom and liberty, your coloring began to look a lot better. Sure, you could experience life with no control, but everyone agrees that the best colorings abide by the limitations of the lines.

Or, think of it this way: Imagine you have a young child. Your child's school is situated by a main highway, and the playground is between the building and the road. Everyday at recess, the kids play in that yard. Question: Would you rather the playground have a fence around it or not?

*(Incidentally, there was a study, which conducted this experiment. With no fence, the kids stayed very close to the building; once a fence was constructed, kids had much more room to wander. While they were technically less free with the fence, they experienced more freedom)*

To live a truly liberated life, there are a few things to remember:

**Live a Spirit-Led Life  
  
Read Romans 8:9  
  
Discussion Questions:**1. What do you think it means to be “controlled by the Spirit*"*?  
2. How is this different from being controlled by your sinful nature?  
3. How can you surrender to the Spirit of God in a greater way?

**Be Christ-Centered**

**Read Romans 8:10**

**Discussion Questions:**  
1. What does it look like to have Christ “in” you?  
2. What is required of you to make this happen? Is there anything you haven’t done yet?  
3. How can you have a dead body but a Spirit-filled life?  
4. How can righteousness bring you to life?   
5. Do you think that life comes from your righteousness or Jesus’ righteousness? *(Help them understand it’s Christ’s goodness that saves us, not our own—that’s kind of the whole point.)*

**Remember the Resurrection**

**Read Romans 8:11**

**Discussion Questions:**  
1. How did the resurrection of Jesus change our source of hope?  
2. Who raised Christ from the dead? *(The Spirit of God.)*3. Who will give us life? *(The Spirit of God.)*4. What does it mean to you to know that the same Spirit who raised Christ from the dead is the One who empowers us to live a life liberated from sin?

It is easy, then, to understand why Paul was prompted to say what he does in Romans 8:38-39.

**Creative Idea Conclusion** *(Optional)*At this point, cut each zip tie from your student’s wrists, allowing them to experience freedom in a sensory way.

CLOSING PRAYER (2 minutes)

Have the whole group read Romans 8:38-39 out loud a few times and then close in prayer.