

The top section of the cover features a background of cracked, grey stone. Two classical columns are positioned on either side of the central text. The word "ROMANS" is written in a large, bold, serif font.

ROMANS

— be transformed.

3

A Devotional Guide for Individuals,
Families, and LifeGroups
to Accompany the Sermon Series

Volume 3: January 6 – February 11

REFRESHER

Welcome back from Advent, Christmas, the New Year, and all the change and new rhythms that have passed! In the midst of this busyness we understand that our Roman's study has taken a holiday with you, but we are back in full swing. Before we dive in, let's review where we've been: Paul has delivered that bad news that we are all sinners. We also got the Good News that we are made right with God—JUSTIFIED—by faith!

Most recently, Paul wrote to the Romans about the parallel and contrast between Christ and Adam. Now we are moving from the conversation about justification—that moment of being saved by faith—the process of becoming more like Jesus.

DAY 2

Romans 6:1-4, Matthew 28:19-20, 2 Corinthians 5:17



Pay attention to the symbol of Baptism (Greek verb baptizo) in this chapter. This is one of two major realities of the Christian life emphasized in this chapter. What does it mean to be baptized into Christ or in his name? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



If baptism represents moving from death into life, what parts of your life are still functioning as if they are dead? What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 3

Romans 6:5-11, Colossians 3:1-3, Galatians 2:20, Isaiah 25:8-9



Take a moment to contemplate this: If death is the one force on earth humans have never been able to conquer, what does it mean serve a Savior who has defeated death? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



How has God given you a new self? What are parts of your story where God has changed you and given you new life? What else stands out to you? Ask God what He has for you today.



Who is someone in your life that could use the good news of a “new self” given through Christ? Look for an opportunity to share part of your story and God’s new life with them. What is God asking you to do in response to today’s study?

DAY 4

Romans 6:12-14, Galatians 5:16-24



What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



Is there something you are struggling with either right now or you have been for a while? Who can you talk with? Is Celebrate Recovery or one of Chapel Hill's Care & Support ministries something God is prompting you toward? (chapelhillpc.org/ministries/care-support/) What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 5

Grace Day and Scripture memorization

Romans 6:14 "For sin will have no dominion over you, since you are not under law but under grace."

LIFEGROUP GUIDE

Romans 6:1-14, Union with Christ



Why do you think Christians might still “present their members as instruments of unrighteousness” even after they have been saved?

What does it mean to be “united with Christ”? Can you think of other places in Scripture that speak about this union and its impact?



How can your group continue to be transformed and sanctified by Christ's baptism?

Paul exhorts us to “walk in the newness of life” (v. 4). Are there any struggles or patterns you keep returning to and need help, encouragement, or accountability to break and begin walking in this newness? How can your LifeGroup support one another through these things?

What are “old self” narratives that have enslave your identity and have power over you? What freedom is offered through Christ and how does this impact your view of your past?



Have you been baptized? Can your group come around individuals to support them in baptism?

Find an accountability partner in your group and make a written plan to follow up and pray for one another.

DAY 2

Romans 6:15-18, Galatians 2:19-21, Titus 2:11-14, 1 Peter 2:16



The word slave (Greek doulos) is used multiple times in verses 16-20 which is the same word Paul used for servant in Romans 1:1. If Paul speaks about being “under” sin or “under” righteousness, how does the word slave/servant enliven what Paul is saying about the status, behaviors, and allegiance to these things respectively? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What are you “obedient” to and submitting yourself to that is not Christ? What is the effect of God’s grace in this area of your life? What is a step this week you can take to submitting this to Christ and experiencing freedom in Him? What else stands out to you? Ask God what He has for you today.



: What is God asking you to do in response to today’s study?

DAY 3

Romans 6:19, Philippians 2:12-13, 1 Thessalonians 4:1-8



Sanctification is a continuous process, not an instantaneous act as with justification. Study Thessalonians 4:1-8 to gain greater understanding of sanctification. What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What stands out to you? Ask God what He has for you today.



What are some actions you can put into place this week/month that will lead to sanctification? (Bible reading, mentoring, LifeGroup, quiet time, etc. chapelhillpc.org/get-involved/lifegroups/) What is God asking you to do in response to today's study?

DAY 4

Romans 6:20-23, Luke 6:43-45, Ephesians 5:8-14, Galatians 5:22-24



What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



Do an inventory of your heart, what kind of fruit are you bearing? What are things you can continue doing and what are things that need to change, be taken away, or added? What else stands out to you? Ask God what He has for you today.



Take time to praise and thank God for giving you life and freedom. Write them down, sing a song, tell someone, make it an intentional part of your time today to pause and praise God. What is God asking you to do in response to today's study?

DAY 5

Grace Day and Scripture memorization

Romans 6:23 "23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

LIFEGROUP GUIDE

Romans 6:15-23

Freedom From Sin



What does it mean to be enslaved to someone/something? What is the difference between an obedient and disobedient slave?

How does one “present their members as slaves...” to either righteousness or impurity? What is the choice or choices that are made in doing so?



What kind of fruit are you seeking after? (v.21)

Are there any areas in your life that you are still living in slavery to sin? What contributes to this?

Paul speaks about fruit once delighted in that we are now ashamed of—Is there something in your life that has kept you in slavery because of shame? Consider taking a time of confession in your group to bring freedom because of God’s “free gift of grace” and support from the Body of believers.



Who is someone in your life who needs the Good News of God’s gift of grace? How can you contact them this week?

What is a spiritual discipline you can adopt this week/month/year to begin “presenting your members as slaves to righteousness”?

DAY 2

Romans 7:1-6, Galatians 3:19-25; Exodus 29:45-46



What was the purpose of the Law for the Israelites? What did it signify to the nations surrounding them? (For more, return to Exodus when God first gives the law to the people, Exodus 20-34.) What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



Where are you still living in a law you have died to? What does God say about your freedom? What else stands out to you? Ask God what He has for you today.



How is God prompting you to live into this released life? What is God asking you to do in response to today's study?

DAY 3

Romans 7:7-13, 1 Timothy 1:9, Psalm 19:7-11



How is the Law still useful to us? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



Is there anything the Law is pointing out in your life that you can repent of and find freedom from? What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 4

Romans 7:14-25, Romans 3:10-18, 2 Timothy 3:16-17



Paul begins personally speaking in verses 14-25 (using “I”), How does his journey represent many believers’ journeys in faith? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What are patterns in your life that you keep going back to even though you do not want to? Write out a prayer and post it somewhere you see frequently, remember it is God’s grace that leads us to redemption. Who is someone you can find accountability with this week? Would a step program be helpful (chapelhillpc.org/ministries/care-support/celebrate-recovery/)? What else stands out to you? Ask God what He has for you today.



Is there someone you can walk with or pray for through a journey of recovery? What is God asking you to do in response to today’s study?

DAY 5

Grace Day and Scripture memorization


Romans 7:25b "Thanks be to God, who delivers me through Jesus Christ our Lord."

LIFEGROUP GUIDE
Freedom From the Law
Romans 7:1-25

 What does Paul say about the Law in these verses? What Law is he talking about?


Describe the dilemma Paul is writing about in this passage in your own words.

Who is the “I” in verses 14-25? Is Paul’s experience representative of all believers’ journeys?

 Can you identify with the struggle that Paul writes about? How?

What do you desire to do that is right? What prevents you from doing these things?

What does “evil being close at hand” (v.21) look like in your life? What hope and help does God offer?

 What is the “thing you want to do”, but do not? Share that with your group.

Consider how you can show compassion and empathy to one another this week in mutual struggle toward God. How can you encourage one another?

There is an ancient practice called “breath prayers”; it is a spiritual discipline of a simple prayer that one engages continuously throughout the day (like breathing) that confesses who God is and brings one into deeper fellowship with God and dependence on Him. Pray the first half of a silently as you breathe in; pray the second half of the phrase as you breathe out. Many have traditionally prayed (breathe in) “Lord Jesus, Son of God...” (breathe out) “...have mercy on me, a sinner”. Try a breath prayer (perhaps this one) that you can engage this week to break the pattern of the things you do not want to do but keep on doing? Set a reminder on your phone for the same time every day this week to remember to breathe and pray the freedom of Christ.

DAY 2

Romans 8:1-2, Philippians 2:1-9, John 8:34-36



What is all humanity condemned to? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



Repeat verse 1 out loud a few times, what does this stir in you? What hope and power is there in knowing this is true? What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 3

Romans 8:3-4, Hebrews 10:1-18



What does it mean for Christ to come in the “likeness of sin”? What is the “righteous requirement” of the Law? Study Hebrews 10:1-18 to dig into the sufficiency of the sacrifice of Jesus. What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today’s study?

DAY 4

Romans 8:1-4, Isaiah 53:10-12, Mark 14:32-36



Paul sets up a strong contrast between flesh (Greek sarx) and spirit (Greek pneuma) Consider doing a word study of one or both of these words, compare and contrast their meaning and connotations and revisit this passage. What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 5

Grace Day and Scripture memorization


Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."

LIFEGROUP GUIDE
ROMANS: PEACES OF EIGHT
Romans 8:1-4 , No Condemnation


 What does it mean to be “in” Christ Jesus? How does one know they are “in” Christ Jesus?

What is the significance of Christ taking on the likeness of sin?

What does it mean to “walk according to the Spirit”? (v.4)

 In many new social settings it is not uncommon for this ice-breaker question to be posed: “If you knew you couldn’t fail, what would you do”? What if we asked ourselves this about verse 1? If we really knew that we are no longer condemned, how would we think differently? What would we do differently? Who would we speak with differently?

Is there any guilt or shame that you continue to go back to or function with? Ask for forgiveness and ask for God’s perspective on you.

 How can you remind yourselves that there is no condemnation for you in Christ Jesus?

Who is someone in your life who needs “no condemnation in Christ” – how will you reach out to them this week?

DAY 2

Romans 8:5-6, Colossians 3:1-4, Mark 8:34-38



Consider studying setting one's mind a little more in depth (Greek *phroneo/phren*) to gain a greater understanding of the extent and impact Paul is writing about (this is a helpful source (preceptaustin.org/romans_85)). If the mind is the seat of emotion and mental activity, what does it look like to "set" one's mind toward something? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What are the things of the flesh that you wrestle with most? What are the things of the Spirit that can help and replace those places? What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 3

Romans 8:7-8, Luke 18:18-30



What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



If you were to approach Jesus as the young ruler did, is there anything you would not be willing to hand over to Jesus? That's an indicator that there may be an area of your life "set on the flesh." Pray for God's mercy to give you the ability to surrender that to Jesus. What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 4

Romans 8:5-8, Galatians 2:20, I John 2:1-6



Consider studying God's peace (Hebrew: shalom). What does a kingdom marked by God's shalom look like? What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



How might God's peace impact the way you live and view the people/things around you? What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 5

Grace Day and Scripture memorization

Romans 8:6 "For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace."

LIFEGROUP GUIDE
ROMANS: PEACES OF EIGHT
Romans 8:5-8, Mindset

Consider using Real Life Ministry's practice of "storying" using Luke 18:18-30. (Attend Multiply on April 14, 2018, if that is a new term for you!) OR Romans 8:5-8



What characterizes a life in the Spirit vs. a life in the flesh?

What does Paul mean when he writes about "setting one's mind on flesh and Spirit"?

Why do you think a mind "set on the flesh" cannot submit to God's law?



How do we "set our minds" on God? What does that actively look like?

How does the word "submit" hit you? What resistance or associations do you have with submitting to God's law?



Ask God to seek and know your inner parts and to reveal any part of you that is living in the flesh. Ask Him to show you how to live according to the Spirit in that area.

What is an area you can set your mind on the Spirit in this week?

Fasting is a discipline the Church has practiced throughout the ages to reject the "flesh" and focus on the Spirit. Consider setting a time this week as a group when you can fast in order to set your mind on God. (Feel free to ask any of the pastors for ideas and help on fasting).

DAY 2

Romans 8:9-11, John 3:1-8, 1 Corinthians 6:19-20



What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



It is easy to get caught up in dissatisfaction with our bodily selves. How does looking at yourself as a spiritual being change your view of your body? Does the Spirit of God dwelling in you inform your life purpose?

What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today's study?

DAY 3

Romans 8:12-13, Luke 9:23-25



What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What stands out to you? Ask God what He has for you today.



What is a spiritual discipline you can take on this week to help “put to death the deeds of the body”? What is God asking you to do in response to today’s study? What is God asking you to do in response to today’s study?

DAY 4

Romans 8:14-17, Galatians 3:23-29, Ephesians 1:11-14



Adoption in the ancient world was not the same as we understand today. Consider doing some research on this adoption metaphor to find out more of what Paul meant when he uses words like “adoption” and “sonship”. What do you want to learn more about? Look up the verse, phrases, or word(s) in a study Bible, online, or using another resource and write your findings here.



What does it mean for you to have your identity rooted in being a child of God? What else stands out to you? Ask God what He has for you today.



What is God asking you to do in response to today’s study?

DAY 5

Grace Day and Scripture memorization

Romans 8:15 “ For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, ‘Abba! Father!’”

LIFEGROUP GUIDE
ROMANS: PEACES OF EIGHT
Romans 8:9-17, Daddy, Daddy!



What does it mean that the body is dead while the Spirit is life?
What is the significance of the same Spirit that raised Jesus now giving us life?

What are the deeds of the body that we must put to death?
Say in your own words what it means to be a son or daughter of God.



Discuss what it means for daily life to have the Spirit of God living within us. What does that relationship look like day in, day out?

How does calling God, "Daddy," make you feel about your relationship with Him? Could you take this week to only call Him Daddy or Dad when praying? What does this familiarity say about His love, affection, and regard for you?

How does it change your perspective of yourself and your purpose in life when you think of yourself as a son/daughter of God? Think in terms of having taken on God's "last name" and carrying the family identity with you wherever you go. Are you living fully into this new identity?



When it comes to your relationships with others, what is the result of having God's Spirit dwelling in you? When it comes to difficult relationships, what evidence can you see in your interactions with those people that God is dwelling in you?

How can you become more aware of the Spirit's presence in you this week?



...working together to present everyone mature in Christ

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