

**The Glorious Gospel of Jesus Christ**  
**A Survey of the Book of Romans**  
**Our Bodies as Instruments of Righteousness**  
*Romans 6:6-19*

**The Old and New You**

Romans 6:6; Eph. 4:21-24

**The Effects of Sin on our Bodies and God's Solution**

Romans 6:6-14

- **Step 1**     *Reckon yourself dead to sin*
  - Romans 6:11
  
- **Step 2** *Do not present your body to sin*
  - Romans 6:12-13a
  
- **Step 3** *Do present yourself to God as instruments for Righteousness*
  - Romans 6:13b-14

**Choose Whose Slave you are going to Be**

Romans 6:15-19

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***Digging Deeper into Romans 6:6-19***

1. Romans 5-6 teaches us that who we used to be “in Adam” has been crucified and we have been made alive “in Christ.” Paul uses the terminology “old self” and “new self” (literally *old man* and *new man*). You are not both at the same time, you are one or that other. Survey through the following passages and discuss the ramifications of our identity change.

Romans 6:6

Ephesians 4:21-24

Colossians 3:9-11

2. While at the core of our being we have been made new (see 2 Cor. 5:17), our bodies are still dying and are the battleground for sin. Talk through Romans 6:11-14 as outlined below and discuss in practical terms how we do what Paul is telling us.

➤ **Step 1**      *Reckon yourself dead to sin*

- Romans 6:11

➤ **Step 2** Do not *present your body to sin*

- Romans 6:12-13a

➤ **Step 3** Do *present yourself to God as instruments for Righteousness*

- Romans 6:13b-14

3. Read Romans 6:15-19

It is interesting that Paul says that we have been “set free” from sin but we must choose whom we will serve. Too often Christians assume they have no choice but must sin; that is a lie according to this passage. Discuss verse 19 as to how our choices put us either on a downward spiral of more lawlessness or on an upwards trajectory of holiness. What is your experience in this matter?