



## Finding Freedom: How Jesus Rescues Us from the Power of Sin

By Ariel Presswood

### Key Scripture:

Romans 7:24-25 – "What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!"

## Objective:

This activity set is designed to help participants explore the struggle with sin and the liberating power of Jesus Christ. Through an in-depth study of Romans 7, interactive activities, and personal reflection, individuals will come to understand their need for Christ's deliverance and develop strategies to walk in the freedom He provides.

Through this study, participants will:

- **Understand** the purpose of the Law and its role in revealing sin.
- **Recognize** the internal battle between fleshly desires and the spirit's longing for righteousness.
- **Acknowledge** Jesus Christ as the only deliverer from the power of sin.
- **Apply** biblical principles to overcome struggles with sin in daily life.
- **Develop** a mindset that embraces the grace and power of Jesus to walk in freedom.

## Section 1: Reflect and Discuss

### Deep Reflection Questions:

1. What does Paul mean when he describes the Law as exposing sin? How does this help us understand our own sinfulness?
2. Have you ever felt the inner conflict Paul describes in Romans 7? What was that experience like?
3. Why do you think people struggle with sin even when they desire to do good?
4. How does recognizing our inability to save ourselves deepen our dependence on Jesus?
5. What does it mean to be rescued by Jesus? How does that change our daily life?
6. How does the knowledge that we are free from sin's power shape the way we respond to temptation?
7. What are some practical ways we can walk in the freedom that Jesus offers?
8. Why is it important to replace guilt and condemnation with God's grace and transformation?
9. How can we encourage and support one another in the battle against sin?
10. What steps can we take to rely on Jesus' power instead of trying to defeat sin on our own?

## Family or Group Discussion Prompts:

### Understanding the Purpose of the Law

- Why does Paul say that the Law is holy, yet it highlights our sinfulness?
- How does the Law point us toward our need for Christ?
- How can we avoid using the Law as a tool for judgment rather than a guide toward grace?

### Identifying the Battle Within

- Discuss personal experiences of struggling to do what is right but failing.
- How can we learn to distinguish between conviction (which leads to change) and condemnation (which leads to guilt and shame)?
- What role does the Holy Spirit play in helping us fight against sin?

### Living in Freedom Through Christ

- What does it mean to be "delivered" by Jesus? How is that different from self-improvement?
- How can we remind ourselves daily of the victory we have through Christ?
- What are some tangible ways to walk in spiritual freedom while resisting sin's influence?

## Section 2: Engaging Hands-On Activities

### Activity 1: Chains of Sin, Chains of Freedom

**Objective:** Visually demonstrate how sin enslaves us and how Jesus breaks those chains, setting us free.

#### Materials Needed:

- Paper strips or construction paper
- Markers or pens
- Tape or glue

#### Instructions:

1. Have participants write down sins, struggles, or negative thoughts on individual paper strips.
2. Connect the strips to form a paper chain, representing the bondage of sin.
3. As a group, discuss how these burdens weigh us down and make us feel trapped.
4. Then, read Romans 7:24-25 together and break the chains, symbolizing Jesus' power to set us free.
5. Discuss what it means to live in freedom and how to keep from returning to old chains.

## Activity 2: The Struggle Within – Role-Playing Scenarios

**Objective:** Demonstrate the tension between the desire to do good and the pull of sin through interactive role-playing.

### Materials Needed:

- Scenario cards describing real-life struggles (e.g., honesty vs. lying, patience vs. anger, purity vs. temptation)
- Bibles
- Notepads for group reflections

### Instructions:

1. Divide participants into pairs or small groups and assign them a scenario card.
2. Have them role-play a situation where someone struggles between choosing righteousness and falling into sin.
3. After the role-play, facilitate a discussion:
  - What emotions were experienced during the role-play?
  - What made it difficult to choose what is right?
  - How could the character have relied on Jesus in the situation?
4. Encourage participants to share how they can apply these lessons in their daily lives.

### Activity 3: The Freedom Walk

**Objective:** Create a physical representation of moving from the bondage of sin to the freedom found in Christ.

#### Materials Needed:

- Index cards
- Markers
- Tape or string to create a "path"

#### Instructions:

1. Write down words that represent struggles with sin on index cards and place them at the beginning of the path.
2. At the end of the path, write words like "Freedom," "Grace," "Forgiveness," and "Victory in Christ."
3. Have participants walk the path, pausing at each struggle to pray and declare their dependence on Jesus for strength.
4. Encourage them to move forward in faith, stepping into the freedom Christ offers.

## Challenge of the Week:

Encourage participants to identify one area where they still feel trapped by sin and actively seek freedom through Jesus. Challenge them to:

- Find a scripture that speaks to that struggle.
- Pray daily for Christ's strength in overcoming it.
- Journal their experiences and victories.
- Seek accountability by sharing with a trusted friend or mentor.

## Social Media Engagement:

Invite participants to share a personal reflection, scripture, or testimony about finding freedom through Jesus, using a designated hashtag (e.g., #FreedomInChrist). Encourage them to inspire and uplift others in their faith journey.

## Final Reflection and Prayer:

1. **Thanksgiving for Deliverance:** Praise Jesus for rescuing us from the power of sin and giving us true freedom.
2. **Commitment to Living in Victory:** Pray for the strength to walk in Christ's power and reject the lies of the enemy.
3. **Encouragement for Others:** Ask for wisdom to help others understand and experience the freedom found in Jesus.
4. **Declaration of Freedom:** Invite participants to boldly declare their trust in Christ's power to set them free.