



From Brokenness to Grace: Adam, Jesus, and God's Redemption

By Ariel Presswood

Key Scripture:

Romans 5:12-21 – "For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous."

Objective:

This extensive activity set is designed to lead participants through a profound understanding of the contrast between Adam's fall and Jesus' redemptive victory. Through scriptural exploration, experiential learning, and deep reflection, participants will gain a life-transforming awareness of how God's grace moves us from a place of brokenness to restored righteousness in Christ. The goal is to strengthen faith, develop personal application, and cultivate a desire to extend grace to others as we walk in Christ's victory.

Through this study, participants will:

- **Understand** the theological depth of Adam's disobedience and its implications for humanity.
- **Recognize** how Jesus, as the second Adam, brings redemption and eternal life.
- **Reflect** on personal areas of brokenness and discover how God's grace restores and transforms.
- **Explore** how the abundance of grace surpasses the devastation of sin.
- **Apply** practical steps to walk daily in the freedom of righteousness.
- **Equip** themselves to share their story of transformation with others.

Section 1: Deep Reflection and Discussion

In-Depth Reflection Questions:

1. How did Adam's disobedience impact all of humanity, and how do we still see those effects today?
2. What does it mean that Jesus is the "second Adam"? How does His obedience reverse Adam's sin?
3. Why is it important to recognize our own brokenness before we can fully embrace grace?
4. How does sin enslave us, and what does Jesus' redemption offer in contrast?
5. In what ways do we try to earn righteousness instead of receiving it by faith?
6. How does God's grace transform not just our status before Him, but also our everyday thoughts, emotions, and actions?
7. How does understanding God's redemption impact the way we extend grace to others?
8. Why do you think Paul emphasizes that grace "superabounds" over sin?
9. How does living in Christ's righteousness shape our identity and confidence?
10. What does it look like in practical terms to live as people redeemed by Jesus rather than people still bound to Adam's nature?

Family or Group Discussion Prompts:

Understanding the Contrast Between Adam and Jesus

- How do Adam and Jesus serve as representatives for all of humanity in different ways?
- What specific characteristics of Jesus' obedience make His act of redemption so powerful?
- How does knowing we are part of Jesus' new creation encourage us to walk differently than before?

Recognizing Our Need for Redemption

- Why is self-awareness of sin essential before we can fully grasp grace?
- How do our personal struggles with brokenness illustrate the need for a Savior?
- How do guilt and shame try to keep us from fully embracing the righteousness Jesus gives?

Living in the Reality of Grace

- What are some daily habits that help us stay rooted in God's grace?
- How does understanding justification by faith impact our relationship with God?
- What practical steps can we take to extend grace to others in the same way God extends it to us?

Section 2: Engaging Hands-On Activities

Activity 1: The Two Paths – Adam vs. Jesus

Objective: Create a visual representation of the contrasting paths of sin and redemption.

Materials Needed:

- Large sheets of paper or a whiteboard
- Markers
- Bibles
- Sticky notes

Instructions:

1. Draw two large paths: one labeled "Adam's Path" leading to death, and the other labeled "Jesus' Path" leading to life.
2. Have participants brainstorm characteristics of Adam's path (e.g., sin, separation, death, fear) and Jesus' path (e.g., righteousness, unity, eternal life, grace).
3. Using sticky notes, participants write personal reflections on which aspects they see in their own lives.
4. Discuss how walking in Jesus' path daily transforms the way we think, speak, and act.

Activity 2: Breaking the Chains of Sin

Objective: Provide a tangible demonstration of how Jesus liberates us from the bondage of sin.

Materials Needed:

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

Instructions:

1. Ask participants to write down sins, struggles, or lies they've believed on individual paper strips.
2. Connect the strips to form a chain, symbolizing bondage to sin.
3. Read Romans 5:20-21 and discuss how grace abounds even in the darkest of places.
4. One by one, have participants break the chain, symbolizing Jesus' power to set them free.
5. Close with testimonies and a discussion on maintaining this freedom in daily life.

Activity 3: The Overflowing Grace Jar

Objective: Illustrate how God's grace surpasses all sin, bringing restoration and abundant life.

Materials Needed:

- A large clear jar or container
- Water
- Food coloring (red for sin)
- Small pitcher of clean water (for grace)

Instructions:

1. Begin with a clear jar of water and add drops of red food coloring to represent sin entering the world.
2. Discuss how sin corrupts everything it touches.
3. Slowly pour clean water into the jar, illustrating how God's grace washes over sin and restores purity.
4. Encourage participants to reflect on areas where they need to let God's grace overflow in their own lives.

Challenge of the Week:

Encourage participants to live in the fullness of Christ's redemption by:

- Identifying one area where they struggle to accept grace and journaling about it.
- Memorizing Romans 5:20 and meditating on how grace abounds in their lives.
- Sharing a testimony of transformation with a friend, family member, or small group.
- Practicing extending grace to someone else, as Christ has extended it to them.

Social Media Engagement:

Invite participants to share a reflection, scripture, or personal testimony of how Jesus has moved them from brokenness to grace. Use a designated hashtag (e.g., #GraceThroughJesus) to encourage others and create a community of faith-building discussions.

Final Reflection and Prayer:

1. **Gratitude for Redemption:** Thank God for sending Jesus to reverse the effects of sin and bring eternal life.
2. **Commitment to Living in Grace:** Pray for the strength to walk in righteousness and not return to old habits.
3. **Encouragement for Others:** Ask God to use each of us to help others experience His transformative grace.
4. **Declaration of Grace:** Invite participants to boldly declare their freedom in Christ and their commitment to living as redeemed children of God.