



Living Free: Breaking the Chains of Sin Through Jesus

By Ariel Presswood

Key Scripture:

Romans 6:6-7 – "For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been set free from sin."

Objective:

This activity set is designed to provide an immersive exploration of spiritual freedom, helping participants understand their deliverance from sin through Jesus Christ. By deeply engaging with scripture, interactive exercises, personal reflection, and practical application, individuals will develop a renewed understanding of their new identity in Christ and how to walk in lasting victory over sin. The study will guide participants in recognizing the power of grace, cultivating habits of righteousness, and equipping themselves to help others break free from the chains of sin.

Through this study, participants will:

- **Grasp** the depth of being "dead to sin" and "alive in Christ," understanding the transformative power of salvation.
- **Reflect** on the significance of baptism as a public declaration of leaving behind the old self and stepping into new life.
- **Acknowledge** that grace is not a license to sin, but a call to righteous living in the power of the Holy Spirit.
- **Identify** areas in their lives where sinful strongholds need to be broken.
- **Develop** practical strategies to overcome temptation and live in the freedom Christ provides.
- **Encourage** and support fellow believers in their journey toward complete freedom in Christ.

Section 1: Deep Reflection and Discussion

In-Depth Reflection Questions:

1. What does it mean to be "crucified with Christ"? How does this impact our daily lives?
2. Why does Paul emphasize that grace does not give us permission to continue in sin?
3. How have you personally experienced the battle between your old nature and your new identity in Christ?
4. What are some of the lies that keep believers from fully embracing their freedom in Jesus?
5. How does true repentance play a role in breaking the chains of sin?
6. What practical steps can we take to continually surrender to God and walk in victory?
7. Why do believers sometimes struggle to truly believe they have been set free from sin?
8. How does the renewal of our minds (Romans 12:2) help us overcome sinful habits?
9. How can a Christian community support one another in maintaining a life of righteousness?
10. What habits or spiritual disciplines can help us stay rooted in our new identity in Christ?

Family or Group Discussion Prompts:

Understanding the Purpose of Baptism and New Life

- How does baptism illustrate the death of the old self and rebirth into a new life?
- What are some ways we can live out the symbolism of baptism every day?
- How can we encourage those who are hesitant about baptism to take this step of faith?

Breaking Free from Sin's Control

- Why do many believers still feel enslaved to sin, even after accepting Christ?
- What role does faith play in breaking free from strongholds in our lives?
- How can we recognize and combat the subtle ways sin tries to creep back into our hearts?

Living in Freedom Through Christ

- What does true freedom in Christ look like?
- How can we distinguish between conviction from the Holy Spirit and condemnation from the enemy?
- What practical strategies can we implement to stay strong against temptation?

Section 2: Engaging Hands-On Activities

Activity 1: Breaking the Chains of Sin

Objective: Create a powerful visual representation of how Jesus sets us free from sin's bondage.

Materials Needed:

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

Instructions:

1. Ask participants to write down sins, struggles, or fears that hold them back on individual paper strips.
2. Connect the strips to form a paper chain, symbolizing bondage to sin.
3. Read Romans 6:6-7 together and discuss how sin enslaves us.
4. One by one, participants will tear apart their links in the chain, declaring their freedom in Jesus.
5. Facilitate a discussion about how we can live daily in this victory and resist falling back into old chains.

Activity 2: Baptism Symbolism Experience

Objective: Help participants visualize and internalize what it means to die to sin and rise to new life.

Materials Needed:

- Two large pieces of paper or index cards per participant
- Pens or markers
- A large container or symbolic "burial" box

Instructions:

1. Have participants write aspects of their old life they want to leave behind on one piece of paper (e.g., fear, addiction, anger, pride).
2. On the second paper, have them write words that describe their new life in Christ (e.g., love, patience, purity, peace, self-control).
3. Collect the first papers in a box to symbolize burial with Christ.
4. Have participants keep their second paper as a declaration of their commitment to live in Christ's freedom.
5. Facilitate a discussion on practical ways to walk in this new identity daily.

Activity 3: The Freedom Walk – Stepping into Victory

Objective: Create a physical representation of moving from bondage to sin into freedom through Christ.

Materials Needed:

- Index cards or sticky notes
- Markers
- Tape or string to create a path on the floor

Instructions:

1. Write down struggles or temptations on index cards and place them at the beginning of the path.
2. At the end of the path, place words such as "Freedom," "Grace," "Forgiveness," and "Victory in Christ."
3. Have participants walk the path, pausing at each struggle to pray and declare victory over it.
4. Encourage them to step forward in faith, claiming the freedom Jesus has already given them.

Challenge of the Week:

Encourage participants to reflect on areas where they need to embrace their freedom in Christ. Challenge them to:

- Identify one struggle and find a scripture to combat it.
- Pray daily for strength and victory.
- Journal their experiences, victories, and lessons learned.
- Share their journey with a trusted friend or mentor for accountability.

Social Media Engagement:

Invite participants to share their reflections, scripture, or testimonies of breaking free from sin using a designated hashtag (e.g., #FreedomInJesus). Encourage them to be a source of encouragement and inspiration to others.

Final Reflection and Prayer:

1. **Gratitude for New Life:** Praise Jesus for breaking the chains of sin and offering true freedom.
2. **Commitment to Walking in Victory:** Pray for strength and wisdom to resist temptation and live as new creations.
3. **Encouragement for Others:** Ask for God's guidance in helping others find freedom in Christ.
4. **Declaration of Freedom:** Invite participants to boldly proclaim their victory in Jesus and their commitment to living as His redeemed children.