

# The *New* You



Feb. 18/19  
**Set Free**  
Bob Merritt

When we make the decision to follow Christ, that's just the beginning of learning how to live a new life. We still face the tension between the old life and new life. But, through obedience to Christ, we can weaken the grip sin holds on our lives.

## Discussion Questions

1. Have you ever gotten so used to a sinful habit or pattern in your own life that you no longer notice how bad it really is?
2. **Read Romans 6:15-23.** Paul says that you and I are slaves—either to sin and death or obedience and life. There's no middle ground. So, which one are you a slave to? If you're not sure, ask yourself: Is anything around me dying—my joy, my relationships, my ability to love others, or my devotion to prayer and worship?
3. In his message, Bob told a story about an extreme climber who died as a result of climbing without constraints. What are the purposes of constraints in a Christian's life? What is the result when we don't use them?
4. In Christ, the old life of living without God, without forgiveness, and without the promise of eternal life is completely gone. What isn't gone is our tendency to sin because of our sinful human nature. What will it take for you to sin less? What constraints can you establish in your life that will help you out?

## Challenge

Once you've identified some constraints that you'd like to establish in your life, create a plan for how to put them into action this week. Share your plan with a trusted friend or family member, ask them to help keep you accountable, and commit to praying about it each day.

## Commit to Memory

You have been set free from sin and have become slaves to righteousness.

**Romans 6:18**