

Dead to Sin, Alive with Jesus

Scripture: [Romans 6:1-14](#)

Big Idea:

When we believe in Jesus, our old, sinful self dies with Him, and we are given new life through His Spirit!

Call to Action:

How can you “use your body” for God’s glory? [Rom. 6:13](#)

Family Action:

Admitting to your kids that you sin from time to time is very helpful to encourage a child in their walk. Talk with your kids openly about sin. But always point them to prayer/the word in times of struggle

Exposure to Exposition & Exploring the Scriptures: (15-20 mins)

- Bible Drills (Memorization of OT & NT Book order)
- Guide the children to [Romans 6:1-14](#) in the Bible. (Help them as needed, NT vs OT)
- Say: We are going to continue through Paul's letter to the church of Rome.
- We will learn that the gospel is God’s power to save everyone who believes, and we should never be ashamed of Jesus.
- Read aloud. (Ask kids to start their pointer fingers on V1 and follow along)

Review:

vv. 4:1-12 Old Testament Proof for being saved by faith (Abraham’s Faith)

vv. 4:13-25 God’s promises come by faith, not by works. More Proof from Abraham’s life.

vv. 5:1-11 Because of Jesus, I’m made right with God. Praise God!

vv. 5:12-21 Sin came through Adam, Life came through Jesus

vv. 6:1-14 The old self is dead, buried, and raised to new life through Christ!

Opening Question

“Have you ever had a school test and you were able to use a “free pass” to get a 100% on the test→ That’s what happened when Adam sinned. He broke our friendship with God, but Jesus came and took the test for every single human to bring us into relationship with God!

Notes:

Transition from Romans 5 to Romans 6

In Romans 5, Paul taught that when we trust in Jesus, God forgives us and declares us righteous—that means “right with God.” We didn’t earn it by being good; it’s a gift because of what Jesus did for us on the cross.

But now Paul begins to answer some new questions that come up after we’re saved. Even though we

belong to Jesus, we still live in bodies that want to sin. We're new on the inside but sometimes feel pulled toward our old ways.

So in Romans 6–8, Paul helps us understand what happens next:

- Romans 6 explains what it means to live a new life in Jesus. If we've been saved, how should we live?
- Romans 7 talks about why we still struggle with sin even though we love God.
- Romans 8 shows how safe we are in God's love—nothing can separate us from Him!

In short, Paul says: Now that we've been made right with God (Romans 5), let's learn how to live for Him (Romans 6–8).

[ROMANS 6:1-14 NLT](#)

1 Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? **2** Of course not! Since we have died to sin, how can we continue to live in it? **3** Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? **4** For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.

5 Since we have been united with him in his death, we will also be raised to life as he was. **6** We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. **7** For when we died with Christ we were set free from the power of sin. **8** And since we died with Christ, we know we will also live with him. **9** We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. **10** When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God. **11** So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

12 Do not let sin control the way you live; do not give in to sinful desires. **13** Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. **14** Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

Notes:

When you believe in Jesus, your old life of sin dies and you are raised to a brand-new life in Him. You don't have to live for sin anymore — you live for Jesus now!

[ROMANS 6:1-2](#) Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? **2** Of course not! Since we have died to sin, how can we continue to live in it?

- V1-2 Paul reminds us that Jesus saved us from sin, not so we can keep sinning.
 - When we trusted in Jesus, our old sinful self “died.” It’s not who we are anymore.
 - Because we’ve been made new, we don’t belong to sin — we belong to Jesus!
 - Living like our old self again doesn’t fit with who we are now in Christ.
 - **Kid Point:** When I believed in Jesus, my old sinful self died — I’m new now!

The war of Spirit vs Flesh:

- We have two parts — our spirit and our body.
- Before we believed in Jesus, our spirit was dead because of Adam’s sin.
- But when we believed in Jesus, God made our spirit alive again!
- Even though our spirit is alive, our body still wants to do wrong things - 100% sinful.
- That’s because our bodies came from the dust, and when Adam sinned, God said the ground (the dirt) would be cursed ([Genesis 3:17–19](#)).
- So now, we live in a sinful body, but we have a spirit that belongs to Jesus and wants to please God.

[ROMANS 6:3-4](#) Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? **4** For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.

- V3-4 Paul uses baptism as a picture of what happened to us when we were saved.
 - When we go under the water, it’s like our old life being buried.
 - When we come up out of the water, it’s like Jesus rising from the grave — our new life begins!
 - Water baptism is a symbol of what’s already true in our hearts through faith. This is called baptism of the Spirit.
 - Our spirit is baptized by the Holy Spirit (100% perfect), and the physical act of baptism is a picture of what happened on the inside of us at salvation.
 - Water baptism does not save us. It’s merely a picture to the world of what took place in us.
 - **Kid Point:** Baptism shows the world that Jesus gave me a brand-new life!

[ROMANS 6:5](#) Since we have been united with him in his death, we will also be raised to life as he was.

- V5 We are now connected to Jesus forever — His story became our story.
 - Because He died and rose again, we too will rise again someday!
 - Our new spirit is already alive with Jesus, and one day our body will be too.
 - We don't just follow Jesus — we share His victory over death and sin.
 - **Kid Point:** I belong to Jesus, I will live forever with Him!

Notes:

Because Jesus died and rose again, we have been set free from sin's power! Our old life is gone — we now live to serve and love God.

[ROMANS 6:6-7](#) We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. [7](#) For when we died with Christ we were set free from the power of sin.

- V6-7 When Jesus died, our old sinful spirit— the part that wanted to do wrong — died with Him.
 - Adam's one sin brought death to the whole world.
 - That means sin doesn't control us anymore; we don't have to obey it. It's dead, and dead things don't have life.
 - Our old "slave to sin" self is gone — we are free to follow Jesus instead!
 - Even though our body is still sinful at times, our spirit is clean and new inside, and can guide our body.
 - **Kid Point:** Because I belong to Jesus, I'm no longer trapped by sin!

[ROMANS 6:8-9](#) And since we died with Christ, we know we will also live with him. [9](#) We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him.

- V8-9 Jesus beat death — and because we belong to Him, we will live forever too!
 - Death can't scare us anymore, because Jesus already took care of it. Our Spirit is no longer due the penalty for sin. Jesus took it through His death.
 - Just like Jesus is alive and free, we share in that same victory.
 - We don't live worrying about dying — we live joyfully for God every day!
 - **Kid Point:** Jesus is alive forever — and I get to live with Him too!

[ROMANS 6:10-11](#) When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God. [11](#) So you also should consider yourselves to be dead to the power of sin and alive to God through Christ Jesus.

- V10-11 Jesus died once and for all — sin can't ever win again.
 - Jesus lives to bring glory to God — and we should do the same!
 - We should “think of ourselves” as dead to sin. That means we remember who we really are: God's children with a new sinless Spirit.
 - Our new life belongs to God — we live to please and serve Him, not our old sinful desires.
 - **Kid Point:** I'm dead to sin but alive to God — I live for Jesus now!

Notes:

Because Jesus gave us new life, we don't have to let sin be our boss anymore! We can use our lives to serve and honor God.

[ROMANS 6:12-14](#) Do not let sin control the way you live; do not give in to sinful desires. [13](#) Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. [14](#) Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

- V12-14 Sin (our body/flesh) wants to boss us around, but we don't have to listen anymore.
 - Every part of us — our hands, eyes, heart, and words — can be used to serve God.
 - When we choose what's right, we show others that we belong to Jesus.
 - God's grace gives us the freedom to obey in our body and Spirit, which glorifies God.
 - Grace doesn't mean we can sin more — it means we can finally live for God!
 - **Kid Point:** Grace sets me free — I use my life to serve and honor God!

Theological Point: Mercy and Grace

What's the Difference?

Mercy means not getting what we deserve.

Grace means getting what we don't deserve.

Mercy: God's mercy is when He holds back His punishment for our sin.

- We deserve judgment because we've all sinned ([Romans 3:23](#)).
 - But through Jesus, God shows mercy — He doesn't give us the penalty we earned.
 - [Titus 3:5](#) He saved us, not because of righteous things we had done, but because of His mercy.
 - Example for kids: If you broke something at home but your parents forgave you instead of punishing you — that's mercy.

Grace: God's grace is His free gift of love and blessing that we could never earn.

- He not only forgives our sin, but also gives us eternal life, His Spirit, and His love forever!
 - [Ephesians 2:8](#) For by grace you have been saved through faith; and that not of yourselves, it is the gift of God.
 - Example for kids: If your parents forgave you and then gave you ice cream afterward — that's grace!

Simple Way to Remember:

- ☉ Mercy = God doesn't give me the punishment I deserve. (Jesus' blood)
- Grace = God gives me blessings I don't deserve. (Gift of salvation)

Observation Questions (What did it say?)

1. What happened to our old sinful self when we trusted Jesus? (*It died with Christ* [Romans 6:6](#))
2. What does baptism show? (*That we've been buried and raised with Jesus — our old life is gone* [Romans 6:3-4](#))
3. Who is our master now — sin or God? (*God!* [Romans 6:14](#))

Understanding Questions (What does it mean?)

1. Why shouldn't we keep sinning if we're saved by grace? (*Because we've died to sin — sin doesn't belong in our new life* [Romans 6:2](#))
2. What does it mean to be "alive in Christ"? (*Our spirit is made new and filled with God's life* [Romans 6:11](#))
3. Why is grace better than living under the law? (*Grace forgives and changes us from the inside, while law only shows us what we do wrong* [Romans 6:14](#))

Application Questions (What should I do?)

1. How can you show that you belong to Jesus this week? (By choosing right when tempted, helping others, or thanking God for saving me)
2. What can you do when sin tries to boss you around? (Tell yourself, "Sin isn't my boss — Jesus is!" and pray for strength to obey [Romans 6:12](#))
3. How can you "use your body" for God's glory? (Use my words to be kind, my hands to help, and my heart to love others [Romans 6:13](#))

Parent tool: A.P.T.A.T are practical steps to walk in God's power whenever you open your Bible:

Admit you can do nothing without God ([John 15:5](#)).

Pray for help ([Psalm 50:15](#)).

Trust God will help you ([2 Chronicles 20:20](#)).

Act ([Philippians 2:12-13](#)).

Thank God for his provision and goodness ([Psalm 106:1](#)).

Activities

1: Worksheet

Reflection

Take time to reflect on how God can use your hands, your words and your heart this week.

2: Memory Verse

Come up with moves

[Romans 6:13](#) *Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.*

3: Discussion

For Older Youth Students, see separate printable handout.

Remind them: What is the Gospel?

Jesus' perfect life paid for the sins of all who believe. Jesus died on the cross as the punishment for sin. But Jesus did not stay dead, three days later He rose to life (resurrection) defeating the power of death. Believe, and you will be saved!

- We are all sinful. We all deserve the consequence of sin- death.
- Jesus is what saves us from the sin we all have in our bodies. And one day, he'll even give us a new body.

Supporting Truths Kids Can Grasp:

- God gives me a brand-new Spirit when I believe in Jesus. ([Romans 6:4](#))
- Because of Jesus, I don't have to obey sin (Flesh) anymore. ([Romans 6:6](#))
- My new life means I can live for God, not for myself. ([Romans 6:11](#))
- God's grace gives me the strength to do what's right. ([Romans 6:14](#))
- When I choose to obey God, my life shows His goodness to others. ([Romans 6:13](#))