SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

Romans

Chapter 6

Dead to Sin, Alive to God

MEMORY VERSE · ROMANS 6:11

“Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus.”

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in Romans 6

Romans 6 does not tell a tired man to try harder; it tells him who he is. If you belong to Christ, the man you were died with Him and you have been raised to a new life under a new Master. This week, practice counting that as true before the temptation tells you otherwise.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study, the slides and the film for this chapter are on the Romans study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

Shall We Continue in Sin?

READ · ROMANS 6:1–4

OBSERVE — WHAT DOES IT SAY?

What question does Paul ask in verse 1, and what is his answer in verse 2? List what verses 3–4 say happened to us when we were baptized into Christ.

REFLECT

Paul asks, "How shall we who died to sin still live in it?" (v. 2). Where have you used grace as a reason to go easy on a sin instead of a reason to leave it?

REFLECT

Verse 4 says we were "buried with Him" so that we "might walk in newness of life." What does your baptism — or your faith in Christ — say about the old you, and where are you still visiting the grave?

RESPOND — TODAY

Write down one place where you have told yourself, "God will forgive it anyway." Bring it to God honestly today, and ask Him for one step of newness of life in that exact spot.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 6:11)

DAY 2 OF 5

Crucified, Raised, and Reckoned

READ · ROMANS 6:5–11

OBSERVE — WHAT DOES IT SAY?

Underline every time Paul says “knowing” or “we believe” in verses 5–11. What facts does he want us to know before he gives the command in verse 11?

REFLECT

Verse 6 says “our old self was crucified with Him … so that we would no longer be slaves to sin.” Which old habit or craving still talks to you like it owns you — and what does this verse say about who owns you now?

REFLECT

The word “consider” in verse 11 is a counting word — you count as true what God has already done. What lie about yourself do you most often believe, and how would you answer it with verse 11?

RESPOND — TODAY

Say verse 11 out loud first thing tomorrow morning, before anything else. When temptation comes during the day, say it again.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (ROMANS 6:11)

DAY 3 OF 5

Do Not Let Sin Reign

READ · ROMANS 6:12–14

OBSERVE — WHAT DOES IT SAY?

What two things does verse 13 tell us not to do and to do? What reason does verse 14 give that this is actually possible?

REFLECT

Paul talks about the "members of your body" as instruments — tools or weapons — that fight for someone (v. 13). Which member do you most often lend to sin — your eyes, hands, mouth, feet, phone, evenings?

REFLECT

Verse 14 promises, "sin shall not be master over you." How is that promise different from a promise that you will never fall, and why does it matter for a man who slipped last week?

RESPOND — TODAY

Pick the one member sin uses most and present it to God ahead of time today — move the phone, change the route, set up the call to a brother before the hard hour comes.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (ROMANS 6:11)

DAY 4 OF 5

Slaves of the One You Obey

READ · ROMANS 6:15–19

OBSERVE — WHAT DOES IT SAY?

Verse 16 names two masters and two results. Write them down. What happened to the Roman believers, according to verses 17–18?

REFLECT

Verse 19 says giving yourself to impurity led to "further lawlessness." Where have you watched one surrender make the next one easier — and where have you seen the opposite begin?

REFLECT

Paul thanks God that these believers became "obedient from the heart" (v. 17). What is the difference between obeying God from the heart and obeying Him just to stay out of trouble?

RESPOND — TODAY

Name one small act of obedience you can do today that lays a stone on the new road "resulting in sanctification" (v. 19). Do it, and write down how it went.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 6:11)

DAY 5 OF 5

Two Wages, One Gift

READ · ROMANS 6:20–23

OBSERVE — WHAT DOES IT SAY?

Verse 21 asks a question. What is the answer Paul gives? In verse 23, what does sin pay, and what does God give?

REFLECT

Paul asks, "what benefit were you then deriving from the things of which you are now ashamed?" (v. 21). Be honest — what did the old life actually pay you?

REFLECT

Sin pays "wages" — something earned — but eternal life is a "free gift" (v. 23). Where are you still trying to earn from God what He only gives, or still collecting from sin what it always pays?

RESPOND — TODAY

Write verse 23 on a card and put it where you will see it when you are most tempted. Thank God today that your future rests on His gift, not your paycheck.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 6:11)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Paul's order is know (vv. 3, 6, 9), then consider (v. 11), then present (v. 13). Which of the three do you tend to skip, and what happens when you do?

FOR THE GROUP · 2

Verse 10 says Christ "died to sin once for all" and now "lives to God." How does knowing that His victory is already finished change the way you fight today?

FOR THE GROUP · 3

Verse 22 says we were "freed from sin and enslaved to God." What does that kind of slavery look like on an ordinary Tuesday — at work, at home, or wherever you spend your days?

MY PRAYER

Lord Jesus, I was buried with You and I am alive to God in You, so today I present to You my...

CUT OUT · CARRY IT · ROMANS 6:11

"Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus."