

Session 5: Our Daily Choice (Romans 6:16-18)

Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living. Thank God! Once you were slaves of sin, but now you wholeheartedly obey this teaching we have given you. Now you are free from your slavery to sin, and you have become slaves to righteous living.

Objective: To understand that, although we still have urges that tend to pull us away from relying completely on God and following the promptings of His Spirit, we no longer have to give in to them but are free to choose.

Focus Truth: Although you are a new person in Christ with a completely new nature, and are free to live according to what the Holy Spirit tells you, obeying Him is not automatic.

Daily Choices: Gethsemane

Review last session:

When you read the passage from John 8:31-59, did God reveal any areas in which you still don't feel "free"? How do the truths in this passage apply to your life?

How did you get on learning the Temptation story? Who did you tell it to? What did they think? Is there anything of more significance to you in this story than there has been before? If this story is true, how does it affect your ongoing relationship with Jesus?

Optional warm-up

Read Romans 7:14-8:4. Do you think it is possible for every Christian to rise above the law of sin and overcome their tendencies to give in to sin? Why or why not?

Jesus in Gethsemane

Matthew 26:36-39

Jesus knew that he was about to die for the sins of the world. The night before, he spent time with his disciples...

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and...James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. (*My heart is broken with grief—it could overcome me.*) Stay here and *pray* with me."

He went on a little farther and bowed with his face to the ground...*He prayed*, "My Father! If it is possible, let this...suffering be taken away from me. Yet I want your will to be done, not mine."

Luke 22:43-44

Then an angel from heaven appeared and strengthened him. He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

Matthew 26:40-41

Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you *pray* with me even one hour? Keep watch and pray, so that you will not give in to temptation. *Our spirit is willing to do the right thing, but our sinful human nature and*

our body is weak (*You have good intentions, but you are weak humans!*)”

Matthew 26:42-43

Then Jesus left them a second time and prayed, “My Father! If this *suffering* cannot be taken away unless I *go through* it, your will be done.” When he returned to them again, he found them sleeping, *because* they couldn’t keep their eyes open.

Matthew 26:44-46

So he went to pray a third time, saying the same things again. Then he came to the disciples and said, “Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man/*Promised King* is betrayed into the hands of sinners. Up, let’s be going. Look, my betrayer is here!”

Now retell this story in your own words...

Use one of the ideas for ‘internalising the passage.’

Questions for Discussion:

1. *What did you like about this story?*
2. *What bothered you about this story?*
3. *What does this story show you about Jesus?*
 - a. *What do you think about the fact that Jesus could feel desire to avoid suffering?*
 - b. *How did Jesus handle the difficult choice he had to make?*
4. *What does this story show you about people?*
 - a. *If Jesus, who was perfect, still had a choice to make, what does that say about us and our choices, even though we are followers of Jesus?*
 - b. *If you haven’t already read this passage, read Romans 7:14-24—Do you ever feel this way?*
 - c. *Read Romans 7:25-8:4—What is our hope?*
5. *What do you need to change or obey in your own life as a result of knowing this story?*
 - a. *Read Romans 8:5-17*
 - i. *If these things are true about our nature as people, what needs to change in my life? How do I need to see myself? How might these actions and attitudes change?*
 - ii. *What are the characteristics of someone who lives controlled by the Spirit?*
 - iii. *According to Romans 8:15-17, who are we? What are the characteristics of an heir?*
 - iv. *What might be some of the ‘sufferings’ that we share in with Christ? (vs. 17)*

To Take Away

- Read 2 Corinthians 3:7-18. From this passage, it sounds like the key to freedom—the key to making the right choices--is living in God's Spirit. How does that look in 'real life'? How does that look in your life? Are there any areas that you're not letting God's Spirit control? If you don't know, ask God!
- Have a go at learning the story of Jesus at Gethsemane. Try telling it to someone this week!
- As we begin thinking about the next session, read Romans 6:1-23. Have you ever experienced a pattern of behavior that you knew was wrong but that you felt unable to escape from? Or have you found yourself seemingly unable to do something that you knew was the right thing to do? What does this passage tell us about this issue?