CELL GUIDE

TOPIC	The Power Over Sin	SPEAKER	Ps Paul Jeyachandran
THEME	Romans: The Righteousness of God	DATE	7 & 8 Nov 2026

MESSAGE SUMMARY

INTRODUCTION

In Romans chapter 3, it is concluded that mankind, having fallen short of the glory of God, has been condemned as sinners. Chapter 4 assures the reader that he has been justified by faith. Chapter 5 says where sin abounded, grace abounded much more. Knowing that this statement could be misunderstood, Paul addresses two questions the reader may have about the grace of God in chapter 6:

1. Are we to continue in sin that grace may abound?
2. Are we to sin because we are not under law but under grace?

By no means!

We, as God's people who have experienced His grace, should have these 3 responses:

Recognise Your Position

Paul recognises the way to overcome sin is to continually recognize your position in Christ, and continually labor to rest in his victory (v1-10).

Trying harder is not the solution! Paul says that we have died to sin. It does not mean that we are no longer able to sin but that we have been set free from the rule of sin.

We have been baptized into Christ Jesus. The baptism is a picture of our old selves dying, being buried with Christ, and finally being raised back to life to walk in the newness of life (v3-5).

Our old self was crucified and buried with him so that we would no longer be enslaved to sin (v6).

Having died and raised back to life, death has no power over Christ. In the same way, having died to sin, sin no longer has any power over us (v9-10).

Refuse Sin's Domination

Sin used to control us; we were slaves to sin. Now, sin no longer has the same power over us, though we still remember our old lives.

Paul says we must reckon/take into account what God has done through Christ.

1. In our minds, consider ourselves dead to sin. Because of what Christ has done for us, we have: been united with Him, died, and came back to life with Him.
2. In our wills, resist sin. In our old lives, sin controlled us. However, we have been set free, so do not allow sin to control you any more.
3. In our bodies, rather than present it to sin, present it to God. We can use our bodies to sin, or we can use it to serve God.

You don't have to follow sin's temptation; you have been set free, and no longer have to obey your former master.

Respond in Submission

Should we sin because we are not under law but under grace? By no means! (v15)

Paul says that we become slaves of the one whom we obey. We cannot go back to obeying our old masters lest we become slaves to sin again (v16). Obedience has been stirred in our hearts in response to God's word (v17), and now that we have been set free we can be slaves of righteousness (v18). Therefore, offer yourself as a slave to righteousness, leading you to sanctification (v19).

Paul then provides a comparison of the fruits of following sin as opposed to righteousness. If you follow sin, you become a slave to sin, you will be filled with shame, and ultimately you will experience death. On the other hand, if you follow God, you become a slave to righteousness, you will experience sanctification instead of shame, and ultimately enjoy eternal life instead of death (v20-23).

Conclusion

What we need is to have the understanding that God has given us the power to overcome sin. Recognise the victory that Christ has purchased for us. Recognise our position in Christ, that we were dead, buried and resurrected with him.

By His works we are able to refuse sin's domination in our lives, by considering what He has done for us in our minds, resisting sin with our wills, and presenting as instruments of righteousness our bodies.

If we continue to be slaves of sin, it will lead you to shame and ultimately death. However, if we follow righteousness, we will become slaves to righteousness and God, and the fruits of this are sanctification and eternal life

QUESTIONS

1. **Share an experience of yourself (or others) struggling with temptation or addiction before knowing Christ. How can knowing our identity in Christ now help us overcome sin beyond relying on our own willpower?**

2. **Romans 6:12 tells us not to let sin reign in our mortal bodies. What are some ways sin can subtly gain influence over our daily decisions? What is one small compromise we might be tolerating today that could gradually gain a stronger hold over our lives?**

3. **What are some practical boundaries or spiritual disciplines that help you resist temptation? Of the 3 ways suggested, which can you act upon now?**