

Dig Deeper @Home – “Alive and Ascended”

Complement to lesson on 3/16/2025 – “A Rule of Love”

ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. The best thing about Spring is ... The worst thing about Spring is ...
2. How do you most feel loved? (I feel loved when ...)

MEMORIZE – 1 Thessalonians 5: 9-11

For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him. Therefore, encourage one another and build one another up, just as you are doing.

READ – Romans 7

Questions to ponder/discuss:

1. Re-scan the text and consider...
 - a. What did the Holy Spirit draw your attention to as you read?
 - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
 - c. What in these verses is interesting? What is confusing?
 - d. What are the verses revealing about God? What are the verses saying about people?
 - e. In light of these, what needs to change in your life? What are you already doing well?
2. What were we saved from? What were we saved for?
3. What is the relationship between sin and the law?
4. What are the connections between chapter 7 and chapter 8 of Romans? How do the truths of chapter 8 inform the challenges of chapter 7?

EXPERIENTIAL ACTIVITY – Freed FROM and freed FOR

Jesus's life, death, resurrection and ascension doesn't just free us from sin and death, it frees us to live a life for God. To capture the essence of this, pick a day this week and free yourself from all technology. That's right. Unplug for a day. No phone. No email. No internet. No social media. Experience a day free from these things. Now, fill your day with communal activities with family, friends, neighbors, etc. Play games, connect, catch up, go for a hike, pack a picnic ... whatever it is you enjoy doing, spend the day doing with others. This is what you've been freed FOR. At the end of the day, spend some time reflecting. What did you learn about yourself? Did you miss technology? If so, when and for how long? What was the highlight of your day? What was the connection between this activity and the understanding that followers of Jesus are not only free from sin and death but are freed for living for God? What do you want to apply from today moving forward?

SING (or listen to)

O Praise the Name - <https://www.youtube.com/watch?v=LqBpifDpNKc>

Holy Forever - <https://www.youtube.com/watch?v=lkHgxCemCRk>

Echo Holy - <https://www.youtube.com/watch?v=OjDkHUj7o0A>

Because He Lives - <https://www.youtube.com/watch?v=PBvU7arNhQs>

Because He Lives (hymn) - <https://www.youtube.com/watch?v=ukg2YRIsHWA>

PRAY

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us, for this week.

Sending prayer based on the message:

Father, Jesus, Holy Spirit, thank you for your love. Thank you for not only freeing me from sin and death, but freeing me to truly live for you. Show me how to do that more and more this week.