



Part #5: Nothing But

Introduction:

You don't have to live life very long before you find yourself living with the guilt and shame of things you wish you hadn't done, or you hadn't spoken. Guilt and shame are distracting at best, and crippling at worst. They have the potential to powerfully consume our thoughts, rob us of peace, and adversely affect our future. And it only takes a word, a thought, a picture, a name to bring it all back and restart the cycle.

What can wash away our sin?

Questions to Ponder:

1. All of us live with guilt and shame at some stage and in various ways. How has this impacted your life? Your walk with God?
2. Some people don't see the need for a 'Saviour' but believe that they can handle things on their own. How have you fared when attempting this?
3. How important to you is it to receive forgiveness? What is your emotional response (as opposed to theological)?
4. How have you tried to pay for your own sin? If possible, describe the feelings and thoughts that went with that. How hard/easy is it for you to accept that Jesus has paid for every sin you have committed?
5. We may never forget the past, but we can look at it in a different light by building 'memorials' of each memory to God's grace. How can this group help you do this? What do you need to do in order to experience what God wants you to receive?

Next step:

In some ways, the next step will be different for all of us. However, everyone has one thing in common – to experience the freedom that Christ brings in knowing, receiving & accepting His forgiveness. Take a quiet time to ask God to bring to the mind the things that might haunt you, and speak forgiveness over each one. Build a memorial of God's grace with each memory and thank Him for His gift.

Reflect:

... He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. (Colossians 2:13b-14 NIV)