



What Love Says I You are Forgiven
03.10.24

START TALKING | (Find a conversation starter for your group)

What is a recent trip that you have been on? How does your recent trip differ from a “guilt trip”?

START EXPLORING | (Read the Bible)

We are not designed to carry guilt. Jesus’ word for our guilt is forgiveness!

Read Luke 23:34-35.

- What is so special about these two verses in the context of our key passage for this weekend in Luke 23:27-38?

Read 1 John 1:9 and Romans 3:23-24

- What do these passages tell us about how God will treat our sins?

START SHARING | (Choose a question to create openness)

- What is your “go-to” when you feel guilty?
 - Do you bury it?
 - Blame others for it?
 - Or beat yourself up over it?
- Why do we let the past haunt us when we know we’ve been forgiven?
- How will telling someone we trust about our sin help us to be released from its hold?

(more on the back)



Start Praying. (Be bold and pray with power)

“God, You know everything about me. You already know the things I am ashamed of—the regrets, the sins, the mistakes, the habits, the actions, and the attitudes I feel guilty over. Today, I admit that I need your forgiveness. I agree with you that I have done wrong. I have sinned! Many times I’ve done what I wanted to do rather than the right thing. I accept responsibility for my sins. I’m not going to blame anyone else. I’m not going to make excuses. I’m going to own up to what’s wrong in my life. I want to change. I want to go your way. I repent. I want to follow and trust you.

Jesus, thank you for what you did and said on the cross. I ask you to forgive me and take away my guilt. I don’t understand it all, but I thank you for paying for my sins on the cross so I can be forgiven. Thank you for forgiving me instantly, completely, and freely. Please help me to feel forgiven and to forgive myself. In Your name, amen.”

Start Doing. (Commit to a step, and live it out this week)

For the fruit of the spirit to CONTINUE to GROW in our lives—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—we must bring our sins to Jesus. Here are the steps for a “spiritual spring cleaning,” suggested to be done annually:

1. Find a few hours by yourself and ask the Lord to bring to mind everything that is coming between the two of you.
2. Sit and wait.
3. As you receive ideas—and you will if you wait for them—write them down.
4. Share with a trusted person.
5. Then admit, accept responsibility for, and ask God to forgive.