

# Let's Discuss...Sin

## PART 3\_Overcoming Guilt & Valuing Grace



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me to watch  
the video

### Scriptures mentioned:

*Where can I go from Your Spirit?  
Or where can I flee from Your presence?  
If I ascend into heaven, You are there;  
If I make my bed in hell, behold, You are there.  
If I take the wings of the morning,  
And dwell in the uttermost parts of the sea,  
Even there Your hand shall lead me,  
And Your right hand shall hold me.*  
Psalm 139:7-10 NKJV

*What shall we say then? Shall we continue in sin that grace may abound?*  
Romans 6:1 NKJV

*His mercies never come to an end;  
they are new every morning;  
great is your faithfulness.*  
Lamentations 3:22a-23 ESV

*He personally carried our sins in His body on the cross so that we can be dead to sin and live for what is right. By His wounds you are healed.*  
1 Peter 2:24 NLT

### Hey Group Leaders!

Consider this flow for the study time together with your small group:

1. See if anyone wants to share on what came up for them as they reflected on this over the last week:  
  
Take time this week to reflect on what qualities make you want to pursue someone or something. Now, consider this—God pursues you, even when you sin. What does that say about how He thinks about you? How does this make you feel? How does this change the way you see yourself?
2. Watch this week's video, **Let's Discuss...Sin PART 3\_Overcoming Guilt & Valuing Grace**.
3. Choose a couple of the "Let's Discuss..." questions below to discuss in your group.
4. Go over this week's reflection prompt with your group.
5. Choose someone in your group (try to pick someone different each week) to close in prayer, using the prompt below as a guide. Additionally, see if there are any other prayer requests amongst the group and allow your group members the opportunity to pray for each other.

### Summary

In this video we talk about how instead of wallowing in our guilt and shame, we can live in freedom by remembering that even when we fail and go through hard times, God's loving presence is near to us and we can set our eyes on Him. Jonny mentions the important distinction that sin is something we did, it's not who we are. We also chat about how while grace truly is amazing, it's not the "get out clause" to continue allowing sin in our lives.

### Definitions

#### χάρις (charis)

**grace:** unmerited (or undeserved) favour and good will (or benefit) which brings joy and delight. God gives grace freely and liberally to all who choose to receive it.

#### μετάνοια (metanoia)

**repentance:** a change of mind and heart flowing from a recognition of and deep sorrow for one's sins, and resulting in an active turning away from sin and toward God

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### Let's Discuss...

- As Jerry talks about what he's learned over the years about dealing with sin, he says, "My discipline is basically freedom." How do you think discipline can lead to freedom? What disciplines could you cultivate that lead to freedom in your life?
- How can we grow in our understanding of God's grace in a way that leads to true freedom, rather than a license to sin?
- What does it take to bring you to a place of repentance and what affect does it have on you? Is it something you practice regularly?
- Why does repentance lead to freedom rather than guilt? How does it help you to move forward through life's storms instead of getting stuck in them?

### Let's Reflect This Week...

Many Christians around the world practice some form of a "daily examen". This allows them to prayerfully reflect on their day and the one to come. It is also a good way to incorporate repentance as a regular spiritual practice. Consider trying the Ignatian Daily Examen this week. Take a few moments every evening to go through the 5 R's:

- **Relish** the moments you are grateful for from today.
- **Request** the Spirit's guidance in reviewing the day.
- **Review** the day.
- **Repent** of any sin – areas where you missed the mark.
- **Resolve** to live well tomorrow.

For more details check out the article linked below, **Try the Daily Examen** by Mark Thibodeaux, SJ/Loyola Press.

### Let's Pray...

*He personally carried our sins in His body on the cross so that we can be dead to sin and live for what is right. By His wounds you are healed.*

1 Peter 2:24 NLT

- Let's thank God for the work He did on the cross for us, that allows us to walk away from sin and live for what is right. Ask Him to free you from any guilt that the enemy might try to crush you with, and replace it with a sense of deep gratitude for the wounds He bore on the cross so we could experience complete healing and forgiveness.

### Let's Go Deeper...

- **Cornerstone** by Hillsong Worship [song]
- **Scarlett Worm | Dr. Robi Sonderegger** at ChurchLV [video]
- **Refiner** by Maverick City Music [song]
- **Why Did People Wear Sackcloth and Ashes When They Grieved?** by Heather Riggelman/Bible Study Tools [article]
- **Try the Daily Examen** by Mark Thibodeaux, SJ/Loyola Press [article]