



SESSION FOUR | NOTHING BUT

INTRODUCTION

Guilt is powerful. Shame can be crippling. We all have things in our pasts that haunt us. We have sin. It only takes a word, a picture, or a name to bring it all back. We know we can do better from this point forward, but how are we supposed to fix the past? We can say we're sorry. We can ask for forgiveness. But some of the things we've done hang over our lives like a cloud.

What can wash away our sins?

VIDEO SUMMARY

- Changing our behavior in the future, doesn't take away guilt and shame from the past.
- In all of history, only Jesus offered himself as the answer to the question of what to do when we can't forgive ourselves.

DISCUSSION QUESTIONS

1. Growing up, did Christianity seem to be about what God wanted from you or what God had done for you? Explain.
2. What are some potential consequences of living with guilt and shame? How have you seen guilt and shame affect your life or the lives of others?
3. Why is the title "the Lamb of God" significant?
4. Why was Jesus' death necessary?
5. What are your thoughts on God providing a savior so you can experience a relationship with him?
6. Is there anything about Jesus you find difficult or confusing? If so, what?

MOVING FORWARD

What can wash away our sins? Nothing . . . nothing but the blood of Jesus. The sin debt we hold over our own heads has already been canceled. We don't have to forgive ourselves because, through Jesus, God has already forgiven us.