

Getting Started

1. Would you ever consider sharing your testimony in worship?
2. What guilt or shame are you holding on to? What is keeping you from letting it go?
3. If you have hurt another person through your actions or words do you ask them for forgiveness?
4. What insight, principle, or observation from this weekend's sermon did you find to be most helpful, eye-opening, or troubling? Explain.

Digging Deeper

5. Heidelberg Catechism Q&A 1:

Q. What is your only comfort in life and in death?

A. That I am not my own,¹ but belong—body and soul, in life and in death²—to my faithful Savior, Jesus Christ.³

He has fully paid for all my sins with his precious blood,⁴ and has set me free from the tyranny of the devil.⁵ He also watches over me in such a way⁶ that not a hair can fall from my head without the will of my Father in heaven;⁷ in fact, all things must work together for my salvation.⁸

Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life⁹ and makes me wholeheartedly willing and ready from now on to live for him.¹⁰

¹ 1 Cor. 6:19-20 ² Rom. 14:7-9 ³ 1 Cor. 3:23; Titus 2:14 ⁴ 1 Pet. 1:18-19; 1 John 1:7-9; 2:2 ⁵ John 8:34-36; Heb. 2:14-15; 1 John 3:1-11 ⁶ John 6:39-40; 10:27-30; 2 Thess. 3:3; 1 Pet. 1:5 ⁷ Matt. 10:29-31; Luke 21:16-18 ⁸ Rom. 8:28 ⁹ Rom. 8:15-16; 2 Cor. 1:21-22; 5:5; Eph. 1:13-14 ¹⁰ Rom. 8:1-17

Are you comforted by the grace of God?

6. Read 2 Cor. 5:21. How is it possible for those in Christ to be without condemnation?
7. In Galatians 5:16-26, Paul talks about walking by the Spirit. Compare that to Romans 8:1-13. What does it mean to be walk by the Spirit?
8. When we are united to Christ it is not just our souls, but our bodies as well. 1 Cor. 6:15-20 talks about the implications of our union with Christ and the indwelling of the Holy Spirit. How should this impact how we treat our bodies?

Application

9. Guilt and shame can be overwhelming feelings, but in Christ Jesus we have no condemnation. Take the guilt that you are feeling and turn it over to God. Ask him to help you move passed the shame you are feeling so that you can live into the freedom he has given you.

Praying Scripture

Psalm 32

- 1 Blessed is the one whose transgression is forgiven,
whose sin is covered.
- 2 Blessed is the man against whom the Lord counts no iniquity,
and in whose spirit there is no deceit.
- 3 For when I kept silent, my bones wasted away
through my groaning all day long.
- 4 For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer. Selah
- 5 I acknowledged my sin to you,
and I did not cover my iniquity;
I said, "I will confess my transgressions to the Lord,"
and you forgave the iniquity of my sin. Selah
- 6 Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.
- 7 You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. Selah
- 8 I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.
- 9 Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.
- 10 Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the Lord.
- 11 Be glad in the Lord, and rejoice, O righteous,
and shout for joy, all you upright in heart!

Ross Community Reformed Church

Pastor Shawn Gerbers · April 2, 2017

The Gospel: Class is in Session

“Guilt Free”

There is therefore now no condemnation
for those who are in Christ Jesus.
Romans 8:1

- **There is no _____ for those who are _____ Christ Jesus.**

- **The _____ gives us a new _____.**

Topics: Guilt, shame, condemnation