



Part 4: Nothing But

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?

Discussion Questions

- Growing up, did Christianity seem to be about what God wanted *from* you or what God had done *for* you? Explain.
- How did that influence your view of God?
- 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?
- Read Colossians 2:13-14 and Ephesians 2:8-9. What stands out to you from these passages?
- Do you ever find yourself trying to pay for a debt that has already been paid for you? Why/why not?
- How would your lie change if you viewed obedience to God's rules as opportunities to express gratitude?
- How would you explain the grace of God to someone else?

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.