

Baycities Lomita Winter/Spring 2020 Growth Groups
Series: “UNSTUCK” Part 2
Theme: “Stuck... Under A Load Of Guilt”- Week of Jan. 26, 2020
Follow-Up Bible Study and Discussion Questions

Summary: We hit the jackpot this week... Guilt is the game the whole family can play! But we don't want anyone to have to play it and suffer under the burden... of unresolved guilt! That's the issue isn't it... dealing with your guilt! How do you resolve your guilt? You really can't out run it, you can't cover it up... self-destructive behavior is not a good long term solution... counselors are expensive... so what? Jesus has the answer to deal with the reality of what we did, and the need to “not be dreading the condemned for it any longer”! So, we can move to resolve, get exposure of what we did, find forgiveness and solve the burdens of our pasts! Jesus does it again! Unstuck from guilt... His way! Let's dive in!!

GETTING TO KNOW YOU

1. If you had to make an “ultimate mix tape” what bands or songs would be on your playlist? What one or two bands or songs would you eliminate from history if you were given the choice?
2. What's your first reaction when you hear that in spite of our past, we are loved by God and have purpose?
3. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

DIGGING DEEPER

1. For some of us, guilt and shame are a part of our past that still impacts us today. This can cause us to ignore our past or keep it hidden to try to avoid it. Ironically, one of the cures for our guilt and shame can be the thing we're most intimidated to do, expose it. How do the following verses detail what illuminating guilt or shame looks like?

Psalm 32:5

⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD.” And you forgave the guilt of my sin.

Psalm 51:1-2

¹ Have mercy on me, O God, according to your unfailing love according to your great compassion blot out my transgressions. ² Wash away all my iniquity and cleanse me from my sin.

Proverbs 28:13

¹³ Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

James 5:16

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

- a. How do the above verses highlight why getting rid of guilt and shame is so important?

Which of these verses is hardest for you to accept and why?

2. One of the surest ways to stay stuck **is to not take a look** at our own life and acknowledge we may be causing the problem. What behaviors do you see in the following verses that may keep people in a victim role and how do we stay stuck in similar ways today?

Genesis 3:8-3

⁸ When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. ⁹ Then the Lord God called to the man, “Where are you?” ¹⁰ He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.” ¹¹ “Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?” ¹² The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.” ¹³ Then the Lord God asked the woman, “What have you done?” “The serpent deceived me,” she replied. “That’s why I ate it.”

John 4: 4-30

⁴ He had to go through Samaria on the way. ⁵ Eventually he came to the Samaritan village of Sychar, near the field that Jacob gave to his son Joseph. ⁶ Jacob’s well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime. ⁷ Soon a Samaritan woman came to draw water, and Jesus said to her, “Please give me a drink.” ...⁹... “You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?” ¹⁰ Jesus replied, “If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.” ¹¹ “But sir, you don’t have a rope or a bucket,” she said, “and this well is very deep. Where would you get this living water? ¹² And besides, do you think you’re greater than our ancestor Jacob, who gave us this well? How can you offer better water than he and his sons and his animals enjoyed?” ¹³ Jesus replied, “Anyone who drinks this water will soon become thirsty again. ¹⁴ But those who drink the water I give will never be thirsty again. It

becomes a fresh, bubbling spring within them, giving them eternal life.” 15 “Please, sir,” the woman said, “give me this water! Then I’ll never be thirsty again, and I won’t have to come here to get water.” 16 “Go and get your husband,” Jesus told her. 17 “I don’t have a husband,” the woman replied. Jesus said, “You’re right! You don’t have a husband— 18 for you have had five husbands, and you aren’t even married to the man you’re living with now. You certainly spoke the truth!” 19 “Sir,” the woman said, “you must be a prophet...24 For God is Spirit, so those who worship him must worship in spirit and in truth.” 25 The woman said, “I know the Messiah is coming—the one who is called Christ. When he comes, he will explain everything to us.” 26 Then Jesus told her, “I am the Messiah!” ...28 The woman left her water jar beside the well and ran back to the village, telling everyone, 29 “Come and see a man who told me everything I ever did! Could he possibly be the Messiah?” 30 So the people came streaming from the village to see him.

3. The apostle Paul (an ex-terrorist who used to capture and kill Christians) is a great example of God using someone’s past for a greater purpose. Despite some trying circumstances, Paul’s perspective was that his past could be useful to God’s plan and purpose. How do we see Paul using his past as a tool for God that we could similarly apply to our life today?

Philippians 3:12-14

¹²Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. [NIV]

1 Timothy 1:12-17

¹²I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. ¹³Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. ¹⁴The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. ¹⁵Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. ¹⁶But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life. ¹⁷Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

a. How does the way Paul used his past differ or align with how you use yours?