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PART 5: JESUS

If we're honest, all of us have had experiences—or even entire seasons of life—that we wish we could go back and relive... times when we failed to live up to what others expected of us or even our own expectations. Guilt is powerful and shame can be crippling. 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. So, how does the Christian faith help us with our pasts?

CONNECT

What is an embarrassing moment you wish you could do over?

DISCUSS THE PODCAST EPISODE

1. Why is the title “Lamb of God” significant?
2. What does Jesus's willingness to carry away the sin of the world say about him?
3. In the podcast, Andy and Reece talk about the Passover. Passover is a significant holiday when the Jewish people commemorate the liberation of the Israelites from slavery in ancient Egypt that culminates with a meal known as the seder. It symbolizes their journey from oppression to freedom and the miraculous way God delivered them. During the seder meal each year, the Exodus story is retold with certain parts of the meal representing specific events in the story.

While observing this meal with his disciples, Jesus shifted the focus from remembering what God had done in the past to what he was about to do the very next day. What could they have been thinking or feeling as they heard this? How would you have responded in that situation?

4. What are the implications of Jesus equating his sacrifice with the Passover?

LEARN

Watch the short video.



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APPLY

After giving your group members an opportunity to share what stood out from the video, discuss the following questions as a group:

1. Read **Colossians 2:13–14**. How do you feel about the idea that all your sins have been forgiven, that you don't owe God anything?
2. What could make it difficult to receive God's gift of forgiveness?
3. What would change if you saw the failures of your past as a reminder of God's mercy, grace, and patience, rather than seeing them through the lens of guilt and shame?

BEFORE NEXT TIME

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.

Be sure to listen to the "Grace" episode of *The Starting Point Podcast*.

PRAY

Maybe there are some things in your heart or life that you haven't been able to let go of because of guilt or shame. Take some time to, one by one, give them over to God, trusting that his sacrifice was enough to cover your past. After a couple of minutes to pray individually, have someone in your group close.

If this week surfaced difficult memories that are too painful to share with your group, we encourage you to talk about them with a trusted friend, pastor, or counselor.

