

## Sermon Discussion Guide

### “The Old Has Gone” Series

Part 5: Free/Shame Free (Romans 8:1–4; John 8:31–36; Galatians 5:1)

**Icebreaker Questions:** (*Option #1*): What’s a product, brand, or store that you’re way too loyal to? Explain yourself. (*Option #2*): What’s one thing you’re comically bad at that most adults seem to know how to do?

**Prayer:** Take a few moments at the beginning of your group time to pray for God’s presence and blessing on your discussion. At the end of your gathering, pray for one another and ask God to use your time together to strengthen your faith and make you more like Jesus.

**Read:** Romans 8:1–4; also see John 8:31–36 and Galatians 5:1

**Big Idea:** Freedom from shame does not come from successfully hiding or somehow never sinning again. It comes from confessing our sins and trusting that through the blood of Jesus, our sins are forgiven, our condemnation is removed, and we are given a new identity and freedom in Christ.

### Discussion Questions

1. What was the most encouraging, convicting, confusing, or thought-provoking part of the sermon or Scripture reading to you this week, and why?
2. Read Romans 7:15–8:4.
  - a. Which words or phrases stand out to you most? Why?
  - b. Read Rom. 7:15–8:1. How does the end of ch. 7 inform our understanding of ch. 8?
  - c. How can you relate to the end of ch. 7? How much freedom from sin should we expect as Christians?
  - d. How exactly have we been “set...free” (8:2) through Christ?
3. Does God ever shame us after we sin? Is shame ever healthy? Why or why not?
  - a. What is the difference between shame, guilt, and conviction? How can we distinguish which of these we’re feeling?
  - b. How should we respond when we feel shame, guilt, or conviction? Give practical examples of what has been helpful to you. (Bonus points if you can point to guidance from Scripture.)
4. Read John 8:31–36.
  - a. What does Jesus mean in v. 32? What is “the truth” he’s referring to? How does it set us free? How have you experienced this in your own life?
  - b. What does Jesus mean in v. 34? Does this mean we are slaves to sin, if we still struggle with sin? Why or why not?
  - c. Read vv. 35–36. How does our identity as “sons” shape the way we live?
5. Where do you see the gospel in today’s passage? How does today’s text and discussion make Jesus/the gospel more precious to you?
6. What is one specific way you would like to apply today’s Scripture passage or small group discussion this next week?

## **Scripture Reading**

### **Romans 7:15–8:4 (NIV)**

15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good. 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

21 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. 24 What a wretched man I am! Who will rescue me from this body that is subject to death? 25 Thanks be to God, who delivers me through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God's law, but in my sinful nature[b] a slave to the law of sin.

**8** 1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. 3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

### **John 8:31–36 (NIV)**

31 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free."

33 They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?"

34 Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. 35 Now a slave has no permanent place in the family, but a son belongs to it forever. 36 So if the Son sets you free, you will be free indeed.

### **Galatians 5:1 (NIV)**

1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.