



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

## STARTER QUESTIONS:

**Where have you seen God at work in your life since we last met?**

**What stood out to you from the message this week?**

## MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

**How did this verse speak to you in your life?**

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

**Is there an area that you feel God is speaking to you through this message?**

## FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

**Would anyone like to share your thoughts about what we discussed today?**

**How can we pray for you as a group?**

## CLOSE IN PRAYER

## PERSON OF INTEREST

“Judas: How do you forgive yourself?”

*“When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty silver coins to the chief priests and the elders. “I have sinned,” he said, “for I have betrayed innocent blood.” “What is that to us?” they replied. “That’s your responsibility.” So Judas threw the money into the temple and left. Then he went away and hanged himself.”*  
Matthew 27:3-5 (NIV)

### What do we usually do with remorse?

- We pretend it’s not a big deal
- We change what we believe is right and wrong
- We rationalize our guilt away
- We blame others
- We beat ourselves up

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### Remorse: What should we do?

1. Accept responsibility for our stuff.

*“I’m drowning in the flood of my sin and they’re a burden too heavy to bear. Because I’ve been foolish, I’m utterly worn out and crushed. My heart is troubled.”* Psalm 38:4-8 (TEV)

*“When I refused to confess my sin, I was weak and miserable, and I groaned all day long... My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide them. And you forgave me! All my guilt is gone.”*  
Psalm 32:3-5 (NLT)

- Accept God’s forgiveness for our stuff.

### What God does with our wrongdoing when we come to Him:

- He puts them out of sight

*“You (God) have put all my sins behind your back.”*

Isaiah 38:17 (NIV)

- He puts them out of mind

God: *“I will remember their sins no more.”*

Jeremiah 31:34 (KJV)

Jesus was nailed to a cross so you can stop nailing yourself to a cross.  
Jesus was crucified so you can stop crucifying yourself.

*“He personally carried the load of our sins in his own body when he died on the cross so that we can be finished with sin and live a good life from now on. For his wounds have healed ours!”*  
1 Peter 2:24 (TLB)

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*  
I John 1:9 (NIV)