

FORGIVENESS

2

DIVE DEEPER

◇ What are some of your greatest regrets? How long do you typically hold on to your regrets?

READ the following passages:

"I have removed your sins as far as the east is from the west" (Ps. 103:12 NIV).

"Though they were like scarlet, I have made them white as snow" (Is. 1:18 NIV).

"I have put all your sins behind my back" (Is. 38:17 NIV).

"I, even I, am He who blots out your transgressions, and remembers your sins no more" (Is. 43:25 NIV).

◇ How does it affect your view of God to know that He has purposely chosen to have a bad memory regarding your forgiven sins?

≈ After we've asked God for forgiveness, why do you think we still feel a deep sense of spiritual shame over what we've done, and why do you think we still carry that feeling of guilt, despite there being no more record of it?

◇ How much of a control freak are you? Do you find yourself playing the role of judge very often? In what areas of life?

READ Micah 7:19 (NIV):

"I have tread them underfoot and hurled them into the ocean depths"

There are countless broken suitcases at the bottom of the ocean. God seems to take pleasure in stomping on your guilty baggage and chucking them into a place where you can never dredge it back up. God wants you to keep them there. What have you been taught in the past that is causing you to continue to pull it back up to the surface?

1. I live with a few regrets.
2. If another person on this live session knew what I thought of myself, it would surprise them.
3. I don't regret what I've become, I regret what I haven't become.
4. After we've asked God for forgiveness, He needs to see us change.
5. God keeps a list of my deeds, both bad and good.

YES • NO • MAYBE



THE BIBLE LAB

DIVE DEEPER (CONTINUED...)

◇ *"Is your guilt giving you a sense of inadequacy whenever you try to be the spiritual person God needs you to be? Then let me ask you a few questions. Do you lose your temper a lot? Have you killed someone and tried to cover it up? Moses did, and somehow God was still able to use him. Do you have difficulty telling the truth when the stakes are high? Abraham did (Gen. 20:2). Have you lusted after someone else's wife so much that you arranged their husband's death so that you could be with them? David did (2 Samuel 11:3). And somehow God had enough forgiveness for him to call him a "man after his own heart" (1 Samuel 13:14 NIV). Have your kids acted so bad in church that God removes them—permanently? The high priest, Eli's kids did (1 Samuel 2:34). Do you have a rough marriage? Hosea did (Hosea 3:3). Do you cuss and pretend to not be spiritual around certain people? Peter did (Matthew 26:74). Do you doubt about God sometimes? Thomas did (John 20:27). Have you been living the lie of perfectionism and ultra conservatism? Paul did (Acts 8:3). And somehow, God was able to take this motley group of misfits and build them up to become the heroes of our faith."*

- Ice, Roy (2015). **12 Things to Try While You're Still Mortal** (pp. 26-27).

ACTION STEPS:

1. After reading the list of Bible "heroes" who really messed up and needed forgiveness, how willing are you to let God work His big purpose through you?
2. Think about the big ministry dreams that you have felt God place on your heart, and now ask yourself why you are letting false guilt keep you from pursuing God's plans.

NOTES

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MY PRAYER

1. What am I still hanging on to that I've already asked for forgiveness?
2. How can I move on, and allow God to continue growing me?
3. How does this enhance my perspective of God's character even more?