



Free Yourself | January 6, 2016

Discussion Guide

The Scoop

Holding onto things of the past can weigh us down. Sometimes we get so used to the extra “weight” we carry that it becomes a part of us. The New Year usually brings all sorts of goals around getting healthier and losing literal weight. This year, start the year off by ditching the excess baggage you’ve been holding on to.

Key Verse

Micah 7:19-20

Where is the god who can compare with you—wiping the slate clean of guilt, turning a blind eye, a deaf ear, to the past sins of your purged and precious people? You don’t nurse your anger and don’t stay angry long, for mercy is your specialty. That’s what you love most. And compassion is on its way to us. You’ll stamp out our wrongdoing. You’ll sink our sins to the bottom of the ocean.

Discussion

God’s grace is unlimited, but unfortunately we don’t take advantage of it on a regular basis. Even though we may have accepted his ultimate grace when it comes to salvation, we carry loads of guilt from our decisions, our lack of self-esteem, and the many indiscretions caused by other people. God’s grace is like jumping in the shower on a regular basis...we need to get in and let the bad stuff wash off.

1. What things in your life come to mind when you read the Micah verse from this discussion?
2. Have you ever had to forgive and forget (wiping the slate clean) like the verse says God does? How did it feel to extend grace?

Whether it is something you did or something another has done to you, the weight of the guilt and struggles we carry can be extremely oppressive or subtly life draining. Taking an inventory of what we might be carry around as a result of our actions or the actions of others is the first step to moving forward.

3. What things are some things you are currently holding onto that you beat yourself up about?
4. Is there anything you are holding onto that is a result of another person wronging you?

As the verse suggests, there is no forgiveness that can compare to God’s. God casts these things to the bottom of the ocean where they are forgotten and never again a part of our lives. There is nothing more freeing than accepting God’s grace and extending grace to others.

5. Can you think of a time when your slate was clean and you were free of any and all burdens? What would it be like to free yourself?

What’s Next?

Sometimes it takes additional steps to convince yourself that you are forgiven or to finally ditch the thing you have been holding as a result of someone else. What steps will you take this week to truly get rid of and be free of the weight you have been carrying? Will you throw a stone in a body of water? Will you step into the shower and allow those things to wash off? Be sure to include God in the process, because he is the one who casts our burdens to the sea and ultimately wipes the slate clean.