



Sermon Discussion Guide

“FROM SHAME TO RELATIONSHIP”

July 10, 2022

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Icebreaker: What is one thing you should forgive yourself for?

THIS IS ONLY A GUIDE.

OUR DESIRE IS THAT YOU WOULD USE THIS “GUIDE” TO LEAD YOU INTO DEEPER PERSONAL STUDY.

“Therefore, no condemnation now exists for those in Christ Jesus ...” (Romans 8:1)

As I write this “Refresco” I’m sitting in my home office looking at my sons (Nathan) colorful artwork on my walls and the beautiful Organ Mountains out my window while enjoying the bright sunny morning. I have much to be grateful for. And yet, I’m feeling guilty for not being able to get all my pastoral responsibilities done this week due to Gayla and I having Covid. I know that the condemnation I’m feeling doesn’t come from God, so I turn to Him and His word and Spirit to give me comfort.

I turn to verses like, (Romans 8:1) “Therefore, no condemnation now exists for those in Christ Jesus ...” But I realize that it doesn’t matter how long you’ve been a Christ follower, we all need to be reminded that we have complete peace with God because of His Son Jesus. And there is no sentence for wrongdoing, but there should be because we have done so much to be condemned for. But Jesus paid it all! Read (Romans 8:3-4).

Read (Romans 3:23). We fall short of God’s ideal. In our sinful nature, we have no power to change ourselves. We are in need of saving from the “righteous” anger of God.

So God gave His Son. Read (Romans 3:24). God gave His Son as the full and complete payment for our sin. Both our sin and the resulting condemnation have been wiped away.

So if you are sitting there reading this and feeling condemned, repent and rest in Christ knowing that whatever you feel condemned about has been covered. Every bit of that mucky sin has been covered and paid for by the blood of Christ our sacrificial lamb. No more crushing condemnation for you and me.

If God doesn’t condemn us, why do we condemn ourselves? Remember the truth and sufficiency of Christ’s work on the cross. Receive it and thank God for it.

Questions:

1. Where does guilt come from and where does conviction come from? How can you remove it from your life?
2. Write (Romans 8:1) down in your own words. What stood out about it?
3. What does “no condemnation for those in Christ” mean?
4. Explain what it means when Paul says, “now exists.” Why and how is that true?
5. What is one thing you’re feeling condemned about that you can pray and ask God to remove the condemnation you are still feeling? What’s keeping you from asking?

