

**How Can I Forgive Myself?**  
**Sermon Based Discussion (Aug 25, 2013)**  
**Sermon Series: Forgiveness**

**WARM UP**

1. If you could go back and relive any memory from your younger days, what would it be?

Many of us have confessed our sins to God and thus are Perhaps we say it when we bump into someone. Or maybe we say it when we arrive late for an appointment. So then why do Christians still feel ? In this session, we look at why we cling on to our guilt despite being free from it.

**INTO THE BIBLE**

**(Read 2 Corinthians 5:14-21)**

2. Who are those who are "in Christ"? How does he describe them?
3. According to this passage, what does Paul also say about the transgressions of those who are "in Christ"?
4. Who are the "him" and "we" in verse 21 describing? What is the significance for the recipients in the verse?

**UNDERSTANDING**

5. How is that though we are all sinners, Christians can be called the righteousness of God? Why are they called the righteousness of God?
6. In previous weeks, we've talked about forgiveness - how does the Bible define forgiveness? Using the Bible's definition, how do we forgive ourselves?
7. If it is, in fact, impossible to forgive ourselves, then how do we feel free from the guilt of our sins?

**DIFFERENCE**

8. What's a situation that you re-play in your mind and often feel bad about? Why do you feel bad?
9. What have been some ways that you've sought to make up for or pay for that wrong you committed? How does this passage help us understand what is the only thing we can do to remove that guilt?

**APPLICATION**

10. If you are a Christian, will you commit to reminding yourself everyday this week that God has released you from the guilt of this sin?
11. If you are not a Christian, would you consider having a conversation with a Christian friend or small group member and ask them what it means to be free from the guilt of sin? If not, would you considering asking God to help you better understand why the Gospel is good news?