

**Look Back**

- What truth from God's Word did you use to combat a lie you have been believing or wrestling with?

**Connect:**

- What is the heaviest weight or burden you have ever carried?

**Look Up:****Read : John 8:2-11**

- Why was Jesus in this situation and what was He trying to accomplish? Why were the Pharisees there and what were they trying to accomplish?
- Why do you think Jesus asked the Pharisees and the woman questions rather than accusing them of sinning? Do you think he was trying to make them aware of their guilt or trying to make them feel shame? Why or why not?
- How does someone know that they have sinned? What basis did the Pharisees use? What is our basis today?
- What does this section of scripture mean to you today? Is there a specific situation in your own life that comes to mind where you need to hear Jesus words in v 11?

**Read : Romans 8:1-8**

- What does verse 1 say a person must do, or be in order to not be condemned? What does it actually mean to be in Christ? ?
- What specifically does verse 2 say sets us free from sin? Have you personally experienced freedom from guilt and shame this way?
- How do these verses say a person who is "in Christ" should live? How does this compare to a life lived under the shadow of guilt and shame?
- How would you put v6 in your words? How would you explain that to someone else?

**Overall (Discovery Bible Study)**

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

**Look Ahead**

According to both these sections of scripture, in what ways can we overcome feelings of guilt and shame? Is there an area in your life where this is needed? Do you know someone who needs to hear this for their own life?

### **Leader Notes**

**Romans 3: 23** for all have sinned and fall short of the glory of God. We've all fallen, we've all failed, we've all sinned... We've all felt the effects of that and to some degree or another have carried the weight that can bring. John 8 is such a powerful example of how Jesus approaches us in our sin. In Christ there is freedom.

### **Leadership tip**

Extend an invite to those in your group to grab coffee or get together separately. There may be some in your group wrestling with some heavy things that they may not want to share for the group but would be willing to share privately. Discipleship is messy, but with it comes freedom.