



## **FREE AT LAST**

### SECTION I. Introduction

- A. When you were a child, did you ever do something that you knew was very wrong? What was it?
- B. How did you feel after you did it? What was the result of what you did?
- C. What made you feel better?

SECTION II. There are many places in the Bible that talk about doing wrong (sinning) and feeling guilt for that sin. Read Psalm 32:1-5.

- A. How did David, the writer, feel when he kept silent about the wrong he did?
- B. What do you think it means when he says, “Your hand lay heavily on me?”
- C. What did David do to solve his problem about how he felt?

- D. What was God's reaction?
  
- E. Who does David say is blessed (God's kindness)?
  
- F. How have you struggled with the results of doing wrong (sinning) in your life? What solutions have you tried?
  
- G. Do you agree with David about how to find peace and happiness after you have done wrong? Why or why not?

SECTION III. In John 3:16-17 we read: "God loved the world in this way: He gave His only Son so that everyone who believes in Him will not die but will have eternal life. God sent His Son into the world, not to condemn the world, but to save the world."

Jesus came to forgive and to set us free from guilt, not to condemn us.

- A. Read 1 Peter 2:24.
  - 1. What three things does this verse say happened when Christ carried our sins in His body and died on the cross for us?
  
  - 2. If we believe that Jesus' action did these things for us, how will this change our relationship with God and our attitude towards God?
  
- B. Read Romans 8:1-4.
  - 1. Why are we unable to keep God's Law?

2. Because we are not able to keep the Law, what did God do?
3. Since we are freed from the standards of sin (the Law) through faith, can the Law condemn us?
4. How do you feel when you know that God forgives you for the wrong things that you do?

SECTION IV. The Bible says that Jesus died so that when we believe in Him we are free from the Law of sin and death and we will live forever. The changes in our lives begin right now, in this life!

A. Read 2 Corinthians 5:14-15.

1. When we receive God's forgiveness, what guides us in our lives?
2. Who do we live for?
3. How will our lives change if we begin to live for God and not for ourselves?

B. Read 2 Corinthians 5:16-17. (optional section)

1. According to these verses, what do we become when we believe in Jesus?

2. Describe how your life will look when you are a *new creation*.

(2) On the basis of the above discussion, some changes that might occur are:  
We may feel forgiven instead of always fearing judgment.  
We will thank God continually for what He did.  
We will be joyful.  
We will try to obey God out of love instead of fear.  
We will feel loved instead of condemned.

## NOTES

## FREE AT LAST LEADER'S NOTES

This is the third Bible study in a series of three that are written to be consecutive. The first one is "God's Law," the second is "Jesus and God's Law" and this is the third one.

### SECTION I:

Although many cultures do not name doing wrong *sin*, all cultures understand the idea of doing wrong, whatever they call it. Some cultures do not have a separate word for guilt, but they recognize the feeling of shame or guilt. This short section is an opportunity to bring to everyone's mind the knowledge of what it means to them to recognize that they have done something wrong and identify the feeling we name *guilt*. Everyone and every culture has different ways of dealing with guilt. The Bible has the true solution: confessing our sin to God and receiving forgiveness. Of course, we must also try to repair our earthly relationships and make restitution on earth for what we have done if at all possible.

### SECTION II.

- a. This section in the Psalm gives a vivid description of the results of guilt in David's inner life.
- b. David here shows that he is very, very aware of what God thinks of what he has done. People who do not believe in God have basically the same feelings, but they will be considering not what God thinks, but what their societies and their families think.

### SECTION III.

- A. (1) When Christ died for us He freed us from our sin, healed us by His wounds and made it possible for us to have the approval of God, outside of the Law. Here it might be necessary to discuss the idea that this does NOT mean that people never do anything wrong after they are set free from the Law. It does mean that because of what Jesus did, we no longer have to fear condemnation or judgment.

## FREE AT LAST VOCABULARY

### Psalm 32:1-5

blessed	made holy
disobedience	the act of not obeying or not doing what another person has asked you to do
forgiven	to excuse fault
sin	a thought, word or action that is against God's will
pardoned	forgiven
accuses	blames, charges with doing wrong
deceitful	dishonest
weaken	become less strong
groaning	making a sound of pain
shriveled	became smaller
heat	hot temperature
guilt	knowledge that one has done something wrong
confess	admit
forgave	excused

**John 3:16-17**

eternal                      lasting for all time, never ending

condemn                    to say officially what someone's  
punishment will be

save                         rescue from sin

**I Peter 2:24**

carried                    took

freed                      released, forgiven

approval                 the act of thinking (and often  
saying) that what was done was  
good, or that a person is thought of  
favorably

wounds                    sores, injury

healed                     to make better, to make healthy

**Romans 8:1-4**

condemned                to say officially what someone's  
punishment will be

standards                required levels of quality

Spirit                     Holy Spirit, third person of the  
triune God

demand                    require

human nature            being human

corrupt                    immoral, wicked, dishonest

spiritual                   not physical, not mental, but  
pertaining to God

standards                level of expectations (requirements)

**2 Corinthians 5:14-15**

guides                    shows the way

convinced                made someone believe

fact                        known, accepted to be true

**2 Corinthians 5:16-17**

creation                   something new

way                        method

disappeared             out of sight

existence                being, state of being real