

Disciple (3-30-25) CORE Questions

READ: Romans 7:24-25

Big Idea: We don't have the right or authority to condemn ourselves. Only Jesus has the power to judge, and He has chosen to save us.

Discussion Questions:

1. Paul calls himself a "wretched man." Have you ever felt the weight of your sin so deeply that you questioned whether you were truly free?
2. What is Paul's answer to his struggle in verse 25? How does this give us hope?
3. How do we sometimes live as if we are still enslaved to sin, even though Jesus has already set us free?
4. What would it look like for you to fully embrace the truth that Jesus has already delivered you from guilt and shame?

READ: Romans 8:1-11

Big Idea: Because of Jesus, we are no longer under condemnation. Guilt and shame have no power over those who are in Christ.

Discussion Questions:

1. What does verse 1 say about our standing before God if we are in Christ?
2. How does the law of the Spirit of life (verse 2) free us from sin and death?
3. Why do we sometimes struggle to believe that we are fully forgiven?
4. What does it mean to set our minds on the Spirit rather than the flesh (verses 5-6)?

Application:

- Take time this week to pray and release any lingering guilt or shame to God.
- Memorize Romans 8:1-2 and declare it over yourself when you feel condemned.

Family Question:

- Romans 8:1 says, "There is no condemnation for those who are in Christ Jesus." That means when we trust in Jesus, He takes away our guilt and shame. Have you ever felt bad about something you did, even after saying sorry? How does it make you feel to know that Jesus forgives us completely and never wants us to stay stuck in guilt?

Follow-up Activity:

- Parents and kids can write or draw something that makes them feel guilty or ashamed on a piece of paper. Then, together, crumple it up and throw it away to show that Jesus takes away our guilt and gives us a fresh start.

Memory Verse: Romans 8:1-2

"There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death."

Next Week's Passage:

John 4:1-11

Prayer Prompt:

Father, I know that You gave Your Son to pay for my sin. I know that You love me and have forgiven me. Help me walk in freedom and stop condemning myself for things that You have forgiven. In Jesus Name . . . Amen and Amen!