

CALVARY WEEKLY DISCUSSION GUIDE

February 21, 2021



CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

GROW

- Are you more likely to self-impose guilt from feeling like you didn't meet the others' expectations or your own expectations? Are you typically quick or slow to forgive? Does that differ when you are forgiving yourself vs. others?
- What experiences have you had with "false guilt" (feeling guilty for something you ultimately had no control over)?
- If guilt focuses on the action (*I made* a mistake) and shame focuses on the self (*I am* a mistake), why is shame so hard to shake? What "un-forgiveness" are you holding onto, and how can this group help remind you that God wants you to let it go?
- Read [Romans 6:6-7](#). How does it free you to know that because of Jesus we are no longer slaves to things like guilt and shame?

PRAY

God, we confess that we struggle to release our feelings of guilt and shame. You know the places where it feels hard to forgive ourselves and hard to let it go. But God, free us - make us new through your son, Jesus, and help us to accept the freedom you offer again and again. Amen.

