

MVL 49
Summer 2005

Artist:

THE CHEMISTRY
THECHEMISTRYMUSIC.COM

Album Title & Record Company:

THE CHEMISTRY
RAZOR & TIE

Song Title:

FROM WITHIN

Study by:

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Theme

Forgiveness

Objective

By the end of this session your students will know the forgiveness of sin and freedom from guilt. This type of grace is only received from above (God's heart); but it only becomes a reality from within (our hearts) as we trust and accept God at His word.

Warm Up

NASCAR-Balloon Relay – You'll need a bunch of balloons. Divide into two teams. Select a runner for each team. Everyone else serves as pit-stop workers and cheering squad. Load both runners with a large number of blown up balloons (about 15 balloons each). The object of the game is to race across the room and back without dropping a balloon. If a runner drops a balloon, he or she must start all over! The job of the pit-stop workers is to retrieve the balloons and get the runner back to the starting position and start all over. Whenever the runner drops a balloon, the crowd should react like it's a great crash (bring on the drama and make it loud). The point of the game is to move the group's thinking in the direction of dealing with guilt and starting over again after mistakes.

Transition

Discuss how the players messed up and had to start all over again. Compare the game with how we often see our life with God. We feel that when we've blown it, our guilt and shame keeps us from God accepting us back into His graces. However, this is just not true! That type of thinking keeps us running from God, and we must run to God when we fall; or we'll never get back up again.

The Video

Show the video "From Within" by **The Chemistry**.

Transition

After the video, ask two to three students (find students before the study for sake of time) to describe a time when they "got busted" for doing something wrong and tried to cover it up. Look for humorous stories that can help you establish the point that trying to cover up sin will never help deal with guilt.

Bible Study

Familiarize yourself with **Romans 7:21–8:2** so that you can summarize it by heart for your group. Major talking points in this passage are:

- It's a fact: when I want to do good, evil is always waiting around the corner.
- Everyone faces inner struggles of choosing between right and wrong.
- The only way to overcome the struggle is through Christ.
- If God doesn't condemn me, then I can't condemn myself.

Have the group read the following verses and explain what being forgiven by God means. Afterwards, answer the questions below each verse and discuss what accepting and walking in God's forgiveness means.

God Forgives Faithfully – **1 John 1:9**

- Have you ever felt like running from God when you sin instead of running to Him?
- Why do you think some people are afraid to talk to God about their sin?
- When you confess your sin, do you (or should you) always feel cleansed?

God Forgives Completely – **Psalms 103:12**

- Is guilt good or bad? Explain?
- Why does guilt often drive people away from God?
- If God forgets our sins and mistakes, what can we do to forget our own sins and mistakes?

God Forgives Permanently – **Isaiah 43:25**

- What is significant in the fact that an all-knowing God has decided not to remember your sins?
- What interest would God have in remembering your sins no more?
- How does this help you deal with the guilt you sometimes feel within your heart after you seek forgiveness?

Wrap Up

Say, "Sin seems to capture us at the most inopportune moments. Just when we think we are strong enough or smart enough or good enough, we slip up. We are reminded that as long as we live in this world, we have to depend upon the sacrifice of Christ to rescue us even from our own destructive desires. The Bible says in Proverbs 24:16 that 'a righteous person may repeatedly fall, but will rise up again.' The difference between a 'saint' and a 'sinner' is simply accepting Christ's power to get back up again. God can help us live a holy lifestyle, but if and when we make a mistake, we can run to Jesus because He has our back." Have a student read and summarize **1 John 2:1**. Close with prayer thanking God for His loving grace and power to live without guilt.

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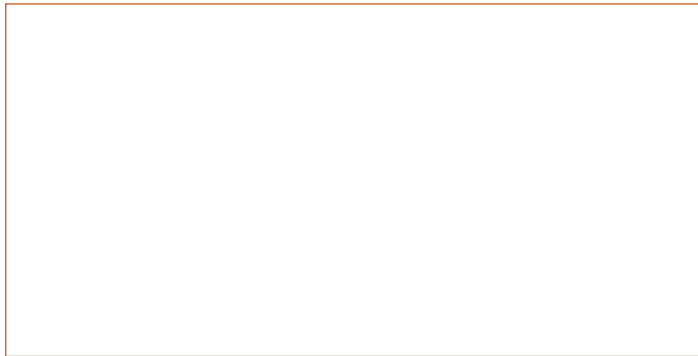
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FORGIVENESS



God Forgives _____

1 John 1:9

Have you ever felt like running from God when you sinned instead of running to Him?

God Forgives _____

Psalm 103:12

Is guilt good or bad? Explain?

God Forgives _____

Isaiah 43:25

What is significant in the fact that an all-knowing God has decided not to remember your sins?

Why do you think some people are afraid to talk to God about their sin?

Why does guilt often drive people away from God?

What interest would God have in remembering your sins no more?

When you confess your sin, do you (or should you) always feel cleansed?

If God forgets our sins and mistakes, what can we do to forget our own sins and mistakes?

How does this help you deal with the guilt you sometimes feel within your heart after you seek forgiveness?