

Message Application Guide

The Best “No” in the Bible

ICE-BREAKER:

What’s the worst thing you did as a kid? (That you can appropriately share!)

DISCUSS:

Do you feel any guilt or regret something in your past? What do you do when you feel guilt or regret?

What kind of issues do people deal with who live with guilt?

Is there such a thing as healthy guilt? Is there unhealthy guilt?

READ: *“When we were utterly helpless, Christ came at just the right time and died for us sinners.” Romans 5:6 (NLT)*

What does it mean that “we were utterly helpless?”

Why do you think some people think they can earn a right standing with God or earn their way to heaven, when the Bible makes it clear that we are “utterly helpless?”

READ: *“So now there is no condemnation for those who belong to Christ Jesus.” Romans 8:1 (NLT)*

What does “no condemnation” mean? Does it include every sin—past, present, and future?

Apply It

If there is “no condemnation” for those who belong to Christ Jesus, then why can’t followers of Jesus just live anyway they want?

How does it change the way you think, feel, and live, knowing that you can be free from condemnation?