



UNIONTOWN
BIBLE CHURCH

Sermon Guide
November 2: 1 John 1:5-2:2, Romans 7:5-24

What stood out to you most from the sermon? Why?

Question: I know you give grace, and you forgive my sins, but as I have been following you for you so long I feel tired of sinning and doing what I don't want to do. What am I supposed to do knowing I'm not supposed to sin but that I always will? I know you always forgive. What should my mindset be? Just try to not sin? But we always sin!

Key Takeaway:

1. Don't Give Up - Struggling with sin means you're alive in Christ, not dead spiritually
2. Don't Fake It - Honesty about our sin is essential; confession is not negotiation
3. Jesus is Our Substitute, Not a Supplement - We don't add Jesus to our efforts; He is our complete righteousness
4. Walk the Same Way You Came - We continue in grace the same way we started—with empty hands and humble hearts
5. There is No Condemnation - Romans 8:1 reminds us that guilt and shame have been removed through Christ

Discussion Questions:

1. In the D-Day illustration of two soldiers, one alive and flinching, one dead and calm. How does this change your perspective on spiritual struggle? What does it mean that "the fight itself is evidence that Jesus has already won"?
2. Read 1 John 1:8-10. Why do you think John emphasizes both "if we say we have no sin" AND "if we say we have not sinned"? What's the difference between these two statements?
3. In Romans 7:15-24, Paul describes an intense internal battle. Have you ever felt like Paul—doing what you don't want to do and not doing what you want to do? Share an example (if comfortable).
4. "Jesus isn't a vitamin... He's your substitute." What does it look like in practical terms to treat Jesus as a supplement versus a substitute? How have you been guilty of this?
5. Discuss the statement: "Your standing with God doesn't rise and fall with your performance." Why is this so hard to believe? What lies do we believe that contradict this truth?

6. Sin becomes most obvious when we decide not to do it—like walking into brighter light reveals imperfections. Have you experienced this? Why might increased awareness of sin actually be a sign of spiritual growth rather than spiritual failure?
7. Read 1 John 2:1-2. How does understanding Jesus as our "advocate" change the way you approach God after you've sinned?
8. The sermon outlined a cycle: Don't give up → Confess (Don't fake it, deny it, or rename it) → Enjoy forgiveness → Accept the cleansing → Rest in Jesus → Rinse and repeat. Which part of this cycle is hardest for you? Where do you tend to get stuck?
9. We often rename sin instead of confessing it plainly ("mistake," "slip-up," "error in judgment"). What sins do you tend to rename? What would plain, honest confession sound like?
10. Colossians 2:6 says, "Just as you have received Christ Jesus as Lord, continue to walk in Him." What does it practically look like this week to "walk the same way you came"—with empty hands, dependent and grateful?

Practical Applications:

1. When you sin this week, practice plain confession without excuses, minimizing, or renaming. Simply say to God: "I sinned. I [specific sin]. Please forgive me." Then receive His forgiveness and move forward.
2. Set aside 15 minutes to look back over the past year. Write down specific ways Jesus has changed you, even small ones. Thank God for the progress, not perfection.
3. Memorize Romans 8:1 and 1 John 1:9. When you struggle with guilt or shame this week, speak these verses out loud as a declaration of truth.
4. Each day this week, notice when you're trying to "supplement" Jesus with your own efforts versus resting in Him as your substitute. Journal about what you discover.
5. Share one lie you've been believing about God's forgiveness or your standing with Him. Pray for each other, thanking God for Jesus as our substitute and asking for grace to walk in freedom.