

## Message Notes

### Different Response to Guilt

Hebrews 12:1-3

→ guilt:

→ shame:

#### #1 Address the guilt, not its symptoms.

→ weighed down - **Hebrews 12:1**

#### #2 God wants you to run free.

→ he scorned its shame - Hebrews 12:1-2

#### #3 Jesus experienced the shame you experience.

→ already punished, buried, and risen - **Hebrews 12:3**

#### #4 There are many solutions to guilt. Grace is different.

→ what's a guilt that you haven't thrown off?

## Message Notes

### Different Response to Guilt

Hebrews 12:1-3

1. There are many possible ways to deal with guilt. What do you think are the most common ones today, and how do they fail to address the main issue of guilt?
2. Why can the feeling of guilt be a good thing? (What would happen if you didn't feel guilty about anything?)

3. **Hebrews chapter 11** lists some heroes of faith from the Old Testament. Scan through the list of names and see if you can recall any scenarios where these heroes had to overcome guilt.

What do you learn from this?

4. Guilt is something that you will inevitably feel from time to time. But how can you tell if you're allowing yourself to live in a state of guilt rather than a state of grace?

5. **Read Hebrews 12:1-3.** How would you describe the "shame of the cross" that Jesus had to endure?

What does it mean to you that your Savior experienced the shame that you experience?

6. How do you tend to respond when guilt presents itself in your heart? Do you dwell on it? Distract yourself with other things? Make up for it? Justify your actions? Other?

7. What will it look like outwardly when a person is responding to guilt by applying God's grace?

How can you become more like that person this week?

## Message Notes

### This Changes Everything

John 20:1-9

→ inside vs. outside

**#1 There's a messiness inside every one of us.**

→ Easter morning confusion - vs. 1-4

**#2 Things don't make sense without the resurrection.**

→ the reality of Easter - vs. 4-9, John 20:19-20

**#3 Easter changed everything.**

→ there's reason for hope - 1 Peter 1:3-4

**#4 Death was not the end for Jesus.**

**It won't be for you either.**

