



# THE RESCUE

## Week 2

### BREAKING THE ICE

What is your favorite vacation destination?

Would you rather vacation with family or friends? Why?

### MAIN CONTENT

This week is the second week of our "Rescue" Series. Pastor Chris Nichols talked about what it means to feel stuck. We can get stuck by circumstances like canceled flights or a car being broken down or we can get stuck by choices we make.

1. Talk about a time when you were stuck by circumstances beyond your control.

We can feel stuck by a few things: circumstances beyond our control or by the moral choices we have made. We can excuse our repeated moral mistakes claiming they are just a mistake or we can realize those repeated moral mistakes are leading us to become stuck in a pattern of sin.

2. Talk about a time God rescued you from a pattern of sin in your life.

Even the most trusted voices in the Bible have sinned. In Romans 7:19 Paul talks about sinning and doing evil things He does not want to do. Everyone but Jesus sins, but the good news is; God believes we are worthy of a rescue from our stuckness in sin. (1 Timothy 1:15)

This week we looked at the scripture reading of the adulterous woman.  
Read John 8:2-6a

In this scripture passage, Jesus knew the people judging her were not looking for justice. They came to shame the woman for being an adulteress. Jesus knew what they were doing and chose to take her shame away by writing in the sand for the onlookers to read.

3. How has Jesus taken away your shame?

Guilt tells us we did something bad, shame tells us we are a bad person. Guilt leads to conviction and propels us to change. Shame leads us to hiding and keeps us believing we will never be the person we are trying to become. We have a tendency to stay in shame when it involves other people. In our hearts, we don't want to hurt them and destroy the relationship by confessing to them what we have done. But when we stay in shame that affects others, it slowly deteriorates those relationships, and ourselves.

Shame is never from God. God wants you to flourish, not to keep you captive by shame.

4. Where have you allowed shame to keep you captive in your life?

Read John 8:7-11

Jesus never came to condemn us of our sin and shame, He came to rescue us from it. But Jesus doesn't want us to be comfortable in our sins either. He extends us mercy and grace and urges us to change.

In order to move from our life of shame we need to do two things: repent to God and confess to others. Repentance can feel like a harsh word, but repentance really means to come home, turn from sin and commit to change. Confession and repentance are ongoing, they continually help us get unstuck.

5. How do you walk out repentance to God in your life?

Once we repent to God we need to confess to others; especially when we have chosen to make moral choices that affect them. We need to confess to them to right the wrong. Yes, it's painful, and yes it costs us something to confess to the ones we love, but staying stuck in the hidden shame cycle slowly deteriorates your relationships.

6. How has repentance and confessing hard things to someone you love allowed you to walk in freedom instead of hiding in shame?

It's hard to pray our way out of a circumstance that we behaved our way into. That's why repenting and confessing are so important. There is freedom on the other side of repentance and forgiveness when we allow God to take our guilt and shame and allow Him to heal our hearts.

## CLOSING PRAYER

God thank you for Jesus. For sending your son to forgive us of our sins and help us get unstuck from our cycle of sin, guilt and shame. Holy Spirit will you kindly convict us of our sinful patterns? Will you show us those things that only take us farther from you and others? Help us to be brave, to repent and confess to God and those we have hurt. Thank you God for loving us. Amen.

## ACTION STEP

- + Pray and ask God about your sin that needs to be confessed. Take time to confess to God and repent of the things that are keeping you from Him.
- + If you have been struggling in a cycle of sin and shame, repent to God. Confess to a trusted friend or group member and ask for prayer and support.
- + Share your story of how God is rescuing you now or has rescued you in the past from your sin at [crosspoint.tv/shareyourstory](https://crosspoint.tv/shareyourstory)