



Small Group Discussion Guide

Freedom From Guilt & Shame

Icebreaker

If you could erase one embarrassing moment from your life (something funny—not necessarily serious), what would it be?

Read Together

Romans 8:1–4

Key Truth: Because Jesus took our condemnation, we are free to live without guilt and shame.

Discussion Questions

1. The Weight We Carry

Pastor Kevin said many believers have left their sins behind but still carry guilt and shame.

- Why do you think it's easier to believe God forgives us than to believe we are truly free from condemnation?
- Have you ever found yourself replaying past failures even after asking God for forgiveness?

2. Conviction vs. Condemnation

The sermon distinguished between **conviction** and **condemnation**.

- How would you explain the difference in your own words?
- Why is it important to recognize which voice we're listening to?
- What are some examples of how the Holy Spirit lovingly convicts us versus how the enemy condemns us?

3. "No Condemnation"

Romans 8:1 says:

"There is therefore now no condemnation for those who are in Christ Jesus."

- What does this verse teach us about our standing before God?
- Which word in this verse stands out to you the most—**therefore**, **now**, **no**, **condemnation**, or **in Christ Jesus**? Why?

4. Living in Freedom

Verse 4 reminds us that obedience is the result of God's grace—not the way we earn it.

- How does knowing you're already accepted by God change your motivation to obey Him?
- What is one area where you need to stop listening to guilt and start listening to your Savior?

This Week's Challenge

Each day this week, when feelings of guilt, shame, or failure begin to surface, stop and ask yourself:

"Whose voice am I listening to?"

Then read **Romans 8:1** aloud:

"There is therefore now no condemnation for those who are in Christ Jesus."

Choose to believe God's verdict instead of your feelings.

Prayer

Thank God for sending Jesus to bear the condemnation we deserved. Ask Him to help you recognize the difference between conviction and condemnation, to silence the lies of the enemy, and to walk each day in the freedom that Christ has already won for you.