

Session 1

1. Read Exodus 2 v 11-15. Moses is one of the big characters in the Old Testament. What was his criminal record?

2. Read Exodus 3 v 10-12. What did God say to Moses, 40 years later? What must God have done during those 40 years?

3. Read Deuteronomy 34 v 10-12. How does the Bible remember Moses?

Session 2 part 1

1. Read Mark 7 v 21-23. Where does sin come from?

2. If everything you have ever thought, done or said was made public, how would you feel?

3. Read Mark 2 v 17. Who did Jesus come for?

Session 2 part 2

1. Read Acts 13 v 28-31. What did God do after Jesus died? What is the evidence that this is true?

2. Read Acts 17 v 31. What is going to happen in the future and who will do it?

3. Read 1 John 5 v 11-12. Jesus conquered death for ever – why is this important?

Session 3 part 1

Read 2 Sam 11 v 6-11

1. What does David try to arrange?
2. Why do you think David does this?
3. What is the problem with trying to cover up sin?

Session 3 part 2

1. Read 2 Samuel 11 v 14-17. What new sins does David commit, during the cover-up operation?

2. Read 2 Samuel 11 v 26-27. Why do you think David wanted Uriah dead?

3. Do you think David got away with his sins? Why? (v27)

Session 4 part 1

Read Psalm 51 v 1-6

1. What does David recognise about himself and how does he feel about it? (v1-6)

2. What does David recognise about God?

3. Look at your answers to Q2. How do these truths about God make you feel?

Session 4 part 2

Read Psalm 51 v 7-15

1. What does David know about the depth of God's forgiveness? (v7)

2. What does David ask God to do for him? (v10-12)

3. What does David say he will do, now he knows he is forgiven? (v13-15)

Session 5 part 1

Read Romans 8 v 1-2

1. What are we freed from when we trust in Christ Jesus? (v1)

2. 'The law of the Spirit of life' means grace. How would you explain grace?

3. What does grace set you free from (v2), and how does this offer make you feel?

Session 5 part 2

Read Ephesians 1 v 4-8

1. How long ago did God choose you to be holy and blameless in His sight? (v4)

2. How do we fit into God's family? (v5)

3. How much grace has God given us? (v7-8). What does this tell you about how much God loves you?

Session 6

Read Acts 13 v 38

1. Why can we be forgiven through Jesus?
2. Do you really believe that, as a forgiven believer in Jesus, God doesn't hold your sin against you at all?
3. How do you think it would feel if you could let go of all your guilt?

Session 6 part 2

Read Psalm 32

1. What did David do and what did God do?
(v5)

2. How does David describe the forgiven man and do you think David has forgiven himself? (v1)

3. What would you have to let go of, or face up to, in order to forgive yourself?

Session 7

1. Read Matthew 6 v 9-13. When you say the 'Lord's prayer', have you ever noticed what you are praying? What do you think about v12?

2. 'The Lord's Prayer' seems to be a prayer that you could pray daily – what does this tell you about forgiveness?

3. Are you prepared to start the journey towards forgiving the person you wrote on your paper? Be honest.

Session 7 part 2

Romans 12 v 17-19

1. Why do you think God tells us not to repay evil for evil (v17)?

2. Read v18. Who has the responsibility for living at peace with someone else?

3. Who has the authority to avenge sin (v19)? Why do you think this is?

Session 8

Read Matthew 26 v 26-28.

1. During the meal on the night before He died, what did Jesus do with the bread and what does this mean?

2. What did Jesus do with the cup of wine, and what does this mean?

3. Read v28. Why did Jesus die and how important is this to you?

Session 8 part 2

Read Hebrews 9 v 14

1. How does Jesus' death on the cross cleanse our consciences?

2. Next time you sin, whether your sin is a crime or not, how can your conscience be cleansed of it?

3. What is the outcome of having our conscience cleansed, and why?