

See Yourself through His Eyes

Session 3: You are Forgiven

Free to Dance

Day 1

Read Luke 5:17-26

Who are the characters in this story? Where are they in their relationship with Jesus?

Where do you see yourself in the story?

Putting yourself in the Pharisees' and Scribes' shoes, what would your response have been to Jesus' claim?

Putting yourself in the friends' shoes, what would your response have been?

Read about the different sacrifices in Leviticus. Write down why the people had to offer them and what the requirements were.

Burnt Offering – Lev. 4:27-31

Sin Offering – Lev. 4:27-31

Guilt Offering – Lev. 5:17-19

Based on *Lev. 17:11*, why is a sacrifice necessary for forgiveness?

Take some time and journal about your experience with forgiveness. Do you expect it? Are you aware of the price of sin? What does it mean to you to be forgiven?

Day 2

Read Hebrews 9:1-10

What do you think it would have been like to live under the Old Covenant?

Read vs. 9-10 again

Read Hebrews 9:11-15

Does your conscience nag at you over something from the past?

What system are you relying on for being made right with God? Are you more concerned with “physical regulations” or grace?

In light of what you read yesterday about sacrifice, what does Christ's sacrifice on your behalf mean to you?

Do you believe that you are totally, completely, irrevocably forgiven?

Verse 14 says that “*the blood of Christ will purify our consciences from sinful deeds so that we can worship the living God.*” Is there any sin lurking in your heart that is preventing you from truly worshiping God? Is your inability to accept God's complete forgiveness keeping you from worshiping with all of your heart?

Day 3

Look up the following verses and write down what they say about God's forgiveness.

2 Chronicles 7:14

Psalms 86:5

Psalms 103:3-5

Psalms 103:12

Jeremiah 3:12-13

Romans 8:1-3

Romans 9:16

Ephesians 2:4, 8-9

Colossians 1:22

Colossians 2:13-14

Titus 3:3-5

Summarize what these verses say about forgiveness and your response to them.

How has God's forgiveness changed you?

Day 4

Read Luke 5:17-26 again

What does forgiveness look like in this passage? What does Jesus show you about his forgiveness? What does the paralytic show you about receiving forgiveness?

The Bible says that the man immediately got up. Why does our response to forgiveness need to be immediate?

What happens if it's not?

In what ways has your sin paralyzed you?

Read Ezekiel 37:1-14

Look at your life right now. Are you lifeless? Are you stuck in the same place? What is keeping you from jumping up and living life fully?

Write out a prayer based on Ezekiel 37:1-14. Ask the Son of Man to breathe life into you today.

Day 5

Read Luke 5:17-26 again

Pick one verse to meditate on today. Write it out.

Why did you pick this verse?

Is there any imagery in the verse?

What does the verse bring to mind about your life?

Are there any words you don't understand? Write them down and then look up their meanings either in a regular dictionary or on Biblegateway.com. What other verses have those words in them.

Does the verse bring up any questions in your heart?

Go to Biblegateway.com again. Look up the verse in different translations. Write out a few. What are the differences? Do you gain any new insight?

Day 6

Read Matthew 18:21-35

Who in your life is not deserving of your forgiveness?

What causes you to hold on to the hurt others have caused you?

What do the following verses say about offering forgiveness to others?

Matthew 6:14-15

Mark 11:25

Luke 17:3-4

Colossians 3:13

What have you gained by refusing to offer forgiveness?

Ask God to search your heart right now and reveal to you any unforgiveness you are holding onto. Who do you need to forgive? How has unforgiveness paralyzed you? What freedom is waiting for you when you let it go?