

Stepping Off the Treadmill of Guilt

1) Genesis 3:8 – 13 NKJV

And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹ Then the Lord God called to Adam and said to him, “Where *are* you?” ¹⁰ So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.” ¹¹ And He said, “Who told you that you *were* naked? Have you eaten from the tree of which I commanded you that you should not eat?” ¹² Then the man said, “The woman whom You gave *to be* with me, she gave me of the tree, and I ate.” ¹³ And the Lord God said to the woman, “What *is* this you have done?” The woman said, “The serpent deceived me, and I ate.”

- a. When did guilt enter the world?
- b. How do we know that Adam and Eve felt guilt and shame?
- c. How does guilt affect our ability to accept responsibility?

2) Romans 8:1 – 2

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. ² For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

- a. Is someone who is in Jesus supposed to feel guilty?
- b. Why would they feel guilt?
- c. What frees us from the guilt that comes from the law of sin and death?

3) Hebrews 9:16 - 17

For where there *is* a testament, there must also of necessity be the death of the testator. ¹⁷ For a testament *is* in force after men are dead, since it has no power at all while the testator lives.

- a. When did the New Testament really begin? Why is this important?
- b. How does this change our perspective on the way Jesus taught?

4) Hebrews 10:1 – 4

For the law, having a shadow of the good things to come, *and* not the very image of the things, can never with these same sacrifices, which they offer continually year by year, make those who approach perfect. ² For then would they not have ceased to be offered? For the worshipers, once purified, would have had no more consciousness of sins. ³ But in those *sacrifices there is* a reminder of sins every year. ⁴ For *it is* not possible that the blood of bulls and goats could take away sins.

- a. How long did the blood of a goat cover one's sins under the Old Covenant?

5) Hebrews 10:5 – 10

Therefore, when He came into the world, He said: "Sacrifice and offering You did not desire, But a body You have prepared for Me. ⁶ In burnt offerings and *sacrifices* for sin You had no pleasure. ⁷ Then I said, 'Behold, I have come— In the volume of the book it is written of Me— To do Your will, O God.'" ⁸ Previously saying, "Sacrifice and offering, burnt offerings, and *offerings* for sin You did not desire, nor had pleasure *in them*" (which are offered according to the law), ⁹ then He said, "Behold, I have come to do Your will, O God." He takes away the first that He may establish the second. ¹⁰ By that will we have been sanctified through the offering of the body of Jesus Christ once *for all*.

- a. In verse 9, what did Jesus take away so that He could establish the second?
- b. How often was Jesus sacrificed to pay for sin, and when did He do it?

6) Hebrews 10:11 – 18

And every priest stands ministering daily and offering repeatedly the same sacrifices, which can never take away sins. ¹² But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God, ¹³ from that time waiting till His enemies are made His footstool. ¹⁴ For by one offering He has perfected forever those who are being sanctified. ¹⁵ But the Holy Spirit also witnesses to us; for after He had said before, ¹⁶ "This *is* the covenant that I will make with them after those days, says the Lord: I will put My laws into their hearts, and in their minds I will write them," ¹⁷ *then He adds*, "Their sins and their lawless deeds I will remember no more." ¹⁸ Now where there is remission of these, *there is* no longer an offering for sin.

- a. Who has been perfected forever in God's sight?
- b. Who no longer remembers our sins and iniquities?
- c. If there is remission for all sin, then what do we have to do to be forgiven for the sins we commit from time to time?

7) Hebrews 10:19 – 23

Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, ²⁰ by a new and living way which He consecrated for us, through the veil, that is, His flesh, ²¹ and *having* a High Priest over the house of God, ²² let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. ²³ Let us hold fast the confession of *our* hope without wavering, for He who promised *is* faithful.

a. What does it mean to have our hearts sprinkled from an evil conscience?

b. What does it mean to enter boldly into the Holiest by the blood of Jesus, and can a person with a guilty conscience do this?

8) Hebrews 10:2 For the worshipers, once purified, would have had no more consciousness of sins.

a. What is God's method for purging a guilty conscience?

b. Is it possible to live our days here on Earth with no thought of sin?