



## Remember Who You Belong To

### WEEK 3 DISCUSSION GUIDE

#### OVERVIEW

In this message of the series entitled *How To Live Through A Bad Day*, we'll remember who we belong to and the true cost of salvation.

#### DISCUSSION

- What's your go-to comfort food when you need a pick-me-up?
- If you could give your younger self one piece of advice for dealing with bad days, what would it be?

In **Matthew 27:46** Jesus cried aloud, ***“My God, My God, why have You forsaken Me?”*** We can live through those days when life really hurts by knowing we're cleansed, redeemed, right with God, and we belong to Him. It was on the cross, at that very moment, Jesus became the Substitute for us, providing the sacrifice for our sins.

**2 Corinthians 5:21: *For God took the sinless Christ and poured into Him our sins. Then, in exchange, he poured God's goodness into us!*** This is the divine exchange. The passage in Matthew teaches us about the holiness of God, the ugliness and severity of our sin, and the costliness to God for our salvation. We learn from Jesus' words that:

##### 1. God is holy.

The one true God who created the universe is holy. He's 100% pure, perfect, untainted, uncorrupted, and incorruptible. God is ultimate perfection in every area. Because God is perfect, He cannot stand to be in the presence of imperfection. Because God is holy, He hates evil. **Habakkuk 1:13** says: ***“Your eyes are too pure to look on evil; you cannot tolerate wrongdoing...”*** That's why there's no sin in Heaven. There's no wrong, no suffering, no sadness, no sickness, because God is perfect. Sin can't live where perfection lives.

On the cross, Jesus Christ came to earth to die for our sins. Every evil thing ever done in history—Jesus took upon Himself at the cross. At that moment, God the Father – Who is holy – looks away because He cannot even look at His own Son—as Jesus is taking on the sin of the world.

- Why couldn't God look upon Jesus when He took on the sins of the world? How does this show us the depth of God's love and Jesus' sacrifice for us?

##### 2. Sin is ugly.

Simply defined, sin is transgressing against God's Word... God's Law. The cross shows the damaging effects of sin. It shows that sin alienates us from God. When Jesus took

the sin of the world on Himself, suddenly, He feels separated from God. Sin always breaks the relationship and creates conflict and distance between God and us. **Isaiah 59:2: *It's your sins that have cut you off from God. Because of your sins, he has turned away and will not listen anymore.***

Sin also distresses us. It puts enormous stress on our lives because we weren't made to live in conflict with our Creator. Fear, doubt, bitterness, guilt, resentment, shame, loneliness, insecurity, and low self-esteem are all fruits of sin. However, these are just symptoms. The real problem that is the greatest source of stress in our lives is unrecognized and unresolved conflict with God because of sin. When we live in conflict—the result is stress in our body, our mind, and our emotions.

- How does sin affect our relationship with God?
- What are some of the emotional and mental effects of sin?
- How has sin personally affected your relationship with God and others?
- What steps can we take to address the root cause of stress caused by sin and restore our relationship with God?

### 3. **Salvation is costly.**

The Apostle Paul says in the book of Romans that the gift of God is eternal life. It's a free gift, but it's not cheap. It's free to us, but Jesus paid our penalty. **Romans 3:25: *For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood. This sacrifice shows that God was being fair when he held back and did not punish those who sinned in times past.*** Jesus is our Substitution!

Justice is served because God is holy and sin is punished. Yet, God's mercy says, "I'll take the punishment, I'll pay the penalty." The amazing thing about our salvation is that it's God's idea. He does it all, and all we must do is accept it. No one will ever love us or sacrifice more for us than Jesus has. Knowing that Jesus is our substitution and that we are right with God gives us the assurance to not give up and the confidence to keep going, even on the really bad days.

- How does understanding Jesus as our substitution impact our perspective on God's justice and mercy?
- What does it mean to say that salvation is God's idea, and how does this concept affect our relationship with Him?
- How can you remember these truths when you're going through a difficult time?

## LIFE CHALLENGE

Since we learned the significance of salvation this week, pray about who in your life needs to hear the Gospel. Look for an opportunity this week to share what Jesus did for us on the cross, and give someone the opportunity to accept Jesus.

## PRAY TOGETHER