



Week #4 Notes

Main Idea: Deactivate shame, activate the remedy.

Matthew 6:5-13 New Living Translation (NLT)

5 “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. 6 But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. 7 “When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. 8 Don’t be like them, for your Father knows exactly what you need even before you ask him! 9 Pray like this: Our Father in heaven, may your name be kept holy. 10 May your Kingdom come soon. May your will be done on earth, as it is in heaven. 11 Give us today the food we need, 12 and forgive us our sins, as we have forgiven those who sin against us. 13 And don’t let us yield to temptation, but rescue us from the evil one. The kingdom, the power, and the glory are yours forever. Amen.

Matthew 6:12 New Living Translation (NLT)

12 and forgive us our sins,
as we have forgiven those who sin against us.

1 John 1:9 New International Version (NIV)

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Psalms 32:1-2 New International Version (NIV)

1 Blessed is the one
whose *transgressions* are forgiven,
whose *sins* are covered.
2 Blessed is the one
whose *sin* the Lord does not count against them
and in whose spirit is no deceit.

Matthew 5:8 New International Version (NIV)

8 Blessed are the pure in heart,
for they will see God.

Psalms 32:3-4 New International Version (NIV)

3 When I kept silent, my bones wasted away
through my groaning all day long.
4 For day and night your hand was heavy on me;
my strength was sapped as in the heat of summer.



Week #4 Notes

Psalm 32:5 New International Version (NIV)

5 Then I acknowledged my sin to you and did not cover up my iniquity.
I said, "I will confess my transgressions to the Lord."
And you forgave the guilt of my sin.

2 Corinthians 5:17 New International Version (NIV)

17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Talk About It ...

Ice Breaker: Go around the room and share your peak and pit of the week (Peak- best thing that happened this week, Pit- biggest bummer of the week).

Read and Discuss Matthew 6:7-14

As you read these verses what stands out to you?

Read: Matthew [6:12](#) and 1 John 1:9

The first part of Matthew 6:12 says "Forgive us our sins." Is asking Jesus for forgiveness from sin difficult for you? Why is confession so challenging?

How's your relationship with Jesus going? What are some things that are currently hindering your walk with the Lord?

Have you ever struggled with shame? If yes, what are the effects of shame on your life?

According to 1 John 1:9 what is the remedy for our sin? What are some ways you practice confession of sin? (ie; accountability groups, friends, personal prayer...)

Read and discuss: Matthew 5:8, Psalms 32:1-5, James [5:16](#)

Describe what pure in heart means? How does sin hinder purity of heart? Jesus said, Blessed are the pure in heart, David said in Psalms 32 blessed is the man who's sins are forgiven; what does the "Blessed" part of these two verses refer to? Do you feel blessed [today](#)?

Psalms 32 :3-4 describes the anguish David was experiencing, what caused the anguish? Have you ever felt that level of heartache over your sin? David said "Your hand was heavy on me" describe what this means?

Psalms 32:5- what changes in the tone of David's writing from verse 3-4 and verse 5? What caused the change in tone? What is the fruit of the change? (described in verse 1)



Week #4 Notes

How can you move out of shame and into grace [today](#)? Are there areas in your heart where you are longing for peace ?

Close your group by taking time to invite Jesus' perfect love to cast OUT fear and shame over each-other... Remember friends there is NO condemnation for those who are IN CHRIST JESUS OUR LORD!