

Take Home

MARCH 15, 2026

TODAY'S SCRIPTURE: PSALM 32:3-5, 1 PETER 2:24, COLOSSIANS 2:12-13, 2 CORINTHIANS 5:21, I JOHN 1:9

³When I kept silent, my bones wasted away through my groaning all day long.

⁴For day and night your hand was heavy on me;

my strength was sapped as in the heat of summer.

⁵Then 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.

²⁴He personally carried our sins in his body on the cross

so that we can be dead to sin and live for what is right.

By his wounds you are healed.

¹³You were dead because of your sins and because your sinful nature was not yet cut away.

Then God made you alive with Christ, for he forgave all our sins. ¹⁴He canceled the record of the charges against us and took it away by nailing it to the cross.

²¹For God made Christ, who never sinned, to be sin, so that we could be made right with God through Christ.

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

THIS WEEK'S PRACTICE: CONFESS YOUR SINS TO GOD.

AGREE with His just judgment and His good standard.

EXPRESS SORROW over your sins and the pain and rupture that they cause.

LOOK UNDERNEATH THE SIN – is there an idol that you're looking to for identity, meaning security and purpose instead of Jesus?

REPENT. Turn from your sin and your God substitutes.

REJOICE in Jesus' all sufficient mercy, goodness and love.

DISCUSSION PROMPTS FOR SMALL GROUPS, FRIEND GROUPS & HOUSEHOLDS:

1. **Read the verses printed above out loud together.** What stands out to you in these verses? What questions do they raise? Feel free to wrestle with your questions together.
2. What's the difference between conviction and the feeling of guilt? When does guilt cause you to despair or hide?
3. How does Jesus deal with our guilt through His death on the cross?
4. What prevents me from resting in Jesus' work? In what ways am I tempted to deny or ruminate on my guilt rather than confess it?

Notes