

## **IT IS FINISHED LIFE GROUP LESSON (WEEK 1) MOVING FROM OLD HURTS TO NEW BEGINNINGS**

**Introduction:** In this sermon we introduced the last words of Jesus on the cross, “It is finished!” We talked about how this pronouncement, “*tetelestai*” in the Greek, meant paid in full, a complete resolution of a debt and/or offense that was committed. This meant the end of the whole Old Testament sacrificial system and law that required us to deserve God’s acceptance before receiving it.

The main point of this message was to show how this provides a way to bring closure to the old hurts, regrets, and mindsets that keep us from the new beginnings. The big idea was that new beginnings require necessary endings.

### **Questions:**

1. What are some examples of mindsets and hurts from this year of pandemic, the Lord might especially want to help people lay aside in order to embrace His new normal?
2. Dale mentioned the way we end yesterday is key to how we begin today. In Ephesians 4:26 we’re told, “Don’t let the sun go down on your anger.”

What are some ways you bring closure to things in your family, at work, or after a tough conflict with a friend that help you move forward to a less burdened today?

3. In Colossians 2:11-15, we have a description of how Jesus took the things that create guilt, shame, addictions, and strongholds in our mind, such as fear, labels of worthlessness, and negativity. We used the example of a bill already paid, or the stinger of a wasp removed.

Can you give an example of how you, by faith, have declared and stood on what God says happened on the cross help you overcome a temptation, bad thought or mood?

4. In the sermon two passages were given (Isaiah 43:18-19, Philippians 3:13-14), that spoke of deliberately forgetting the past in order to focus on obtaining what God has for our future.

Describe something good and positive you believe God has for your future and how keeping your eyes on the “rear view mirror” of life could be a hinderance? What is an example of a new adventure you would like prayer to believe you could lay hold of?

5. We looked at how to process grief and sadness over the loss we feel when something or someone dear to us has passed. We talked about how Philippians 4:6-7 says, through prayer and praise we can transfer the burden over to God and hear Him speak to our hearts in a way that brings peace and resolution. David’s story in 2 Samuel 12:11-20 was mentioned. Also, the story of Jesus asking His friends to pray with Him in the garden as He faced grief and how the Father sent an angel to minister to Him.

Do you have an example of how God's peace and a word to your heart helped you in a time of grief? Is there a hurt, sadness, loss, fear, or point of discouragement you would like to ask friends to help you pray about today?