

Getting Started

Can you describe a time you were relieved a burden? What was weighing you down? What happened to free you? How did you feel when you were free?

Into the Bible

Read Psalm 38. Describe what the psalmist is experiencing. What stands out to you?

Re-read verses 4 and 18. What is the root cause of his trouble?

Have you ever been so haunted by a mistake that you felt like David?

What finally brought relief?

What does Luke 11:46 say about those who add to the burdens of God’s people? How would a teacher of the law (or a pastor...) add to that burden?

Consider these verses from Romans: 3:24, 6:6-7, 6:17-18. What are we free *from*? What are we free *for*?

Does that seem like a good trade-off? I mean, is slavery to righteousness just another kind of slavery?

What does Galatians 5:1, 13 say about the dangers of our newfound freedom?

If we use our freedom in Christ to sin, what are we doing with the burden that Christ relieved us of?

Digging Deeper

Our society is suspicious of things given freely. What are some proverbs that reflect that suspicion.

Why are we suspicious of free things? Is that suspicion justified?

Why is it so hard to accept that salvation is God’s free gift to us in Jesus Christ?