



Not to Worry Week 1 – Unchained from the Past Spiritual Formation & Discussion Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Scripture:

*If anyone is in Christ, he is a new creation – the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them... We implore you on Christ's behalf: Be reconciled to God. **2 Corinthians 5:17-20***

Reflection Questions:

- If you were to identify your top three most important and life-giving relationships... what would those be? Can you name three? Are there too many?
- What stood out to you from Sunday's service? How did you sense God encouraging and challenging you through the songs, the message, and being with others as part of the church? (The message's main points and scripture are listed below if it helps you think back.)
- Why do you personally think revenge and restoration cannot coexist? What is at the heart of these two things that forever keeps them at odds?
- Has anyone ever sought reconciliation with you? What was that experience like? Have you ever sought reconciliation with someone? Was it received or rejected? What stands out to you about that experience in relation to today's teaching?
- Is there anything else from this teaching that you want to explore more?
- Take time to pray as you close your time of reflection or discussion, asking God to help you act on what he has asked you to do.

Looking for ways to grow spiritually?

We have a new resource, the **Write it Down Journal**, which you can get at our Next Steps Area for a suggested donation of \$3 or access online at <https://www.wschurch.org/content/pdf/SpiritualJournal.pdf>. Writing things down is a simple spiritual practice that helps us pay attention to God and what he is teaching us.

Visit www.wschurch.org/resources to see additional tools and resources.

Message Main Points and Scripture:

- **Reconciliation.**
- **Jesus wants to unchain you from the past.**
- **God has an unreasonable desire to bring us back to himself**
- **God reconciles us to himself, and we reconcile others to ourselves.**
- **Revenge and reconciliation cannot coexist.**
- **The best kind of reconciliation includes restoration.**

- *If anyone is in Christ, he is a new creation – the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them... We implore you on Christ's behalf: Be reconciled to God. **2 Corinthians 5:17-20***
- *God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. **2 Corinthians 5:19-20***
- *God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. **2 Corinthians 5:21***
- *Then the LORD said to me, "Go and love your wife again, even though she commits adultery with another lover. This will illustrate that the LORD still loves Israel, even though the people have turned to other gods and love to worship them." **Hosea 3:1***
- *This includes you who were once far away from God. You were his enemies, separated from him by your evil thoughts and actions. Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault. **Colossians 1:21-22***
- *All this comes from the God who settled the relationship between us and him, and then called us to settle our relationships with each other. **2 Corinthians 5:18, MSG***
- *Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. **Ephesians 4:32***
- *Dear friends, never take revenge. Leave that to the righteous anger of God. **Romans 12:19***
- *God was in Christ hugging the world to Himself. Once you have experienced the embrace of God, it is so much easier to have your arms open to your brother or sister. **2 Corinthians 5:18***
- *"We must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost, but now he is found." So the party began. **Luke 15:23-24***