



Table coach's discussion guide

Lesson 002 - Cement

- Part 2: Tell Your Story

- What's the heaviest object you've ever carried?
 1. How long did you carry it?
 2. Were you able to do anything else while you were carrying it?
 3. How did you feel the moment you put it down?
- When you were a kid, did you ever do something you felt ashamed of?
 1. Did you carry that shame around for a long time?
 2. Did you hide your sin, or own up to it?
- How about as an adult?
 1. What's something you regretted doing?
 2. How long did you carry that shame around?
 3. Did your guilt and shame make you less effective as a man, husband, and father or friend?

- Part 3: Ancient Wisdom

- Table coach reads 1 John 1:8-9:
 1. *If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*
- Now, I'm going to read it again, in terms of the parable:
 1. *If we claim to be without a sack of sin and guilt, we deceive ourselves and the truth is not in us. If we pick up our sack and place our sin into the wheelbarrow named Jesus, he will roll the sack away from us forever, as far as east is from west.*

- **Questions for the table:**
 1. ***Are feelings of guilt and remorse a part of “picking up the sack”?***
 2. ***How long should we have these feelings?***
 3. ***What’s the difference between godly shame and crushing guilt?***
 4. ***Do you believe that your sins are forgiven, not just for eternity, but also in this life?***
- Another verse:
 1. 1 Peter 2:24 (ESV): He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.
 - Observation: The word “bore” is the past tense of bear – just as a wheelbarrow bears the weight of the cement, Jesus bears the weight of our sins and mistakes.
 - Christ’s wounds are the wheelbarrow that rolls our sins away.
- How far does the wheelbarrow go? Let’s read:
 1. Psalm 103:12 (NIV) – He has removed our sins from us. He has removed them as far as the east is from the west.
 - Observation: Jesus not only takes away our guilt and shame, he removes it. He literally rolls it to the other side of the planet.
- Let’s talk about little sins (**produce tea bags**).
 1. ***Should we bring our “little sins” to God too? Does he care about these?***
 2. ***Read Matthew 5:27-28 “You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.***
 - Observation: A lustful thought is a small sin (to us). How does God see it? Is it a sin that needs to be placed in the wheelbarrow?
- **Question for the table:**
 1. ***Is there any sin that’s so terrible it can’t be placed in the wheelbarrow?***
 2. ***Is there any sin that’s so small it doesn’t need to be placed in the wheelbarrow?***
- Why people resist Christ:
 1. They hear the first part (You’re a sinner) but not the second (place your sin on Jesus, and be free)
 2. Keep this in mind when you are:
 - Sharing your faith
 - Posting online

- Part 4: Make it real

- Let's review: how to pick up the sack and then put it onto Jesus:
 1. Step 1: Listen to the foreman
 - *"If we claim to be without sin, we deceive ourselves and the truth is not in us."*
 - ***Do you believe you are a sinner?***
 2. Step 2: Do what he said: Pick up the sack
 - *"If we confess our sins..."*
 - ***Have you recognized the weight of your sins?***
 - ***Have you confessed to God and to others?***
 3. Step 3: Put the sack into the wheelbarrow (Jesus)
 - *"...he is faithful and just and will forgive us our sins and purify us from all unrighteousness"*
 - ***Have you asked God for forgiveness?***
 - ***Have you let him take away your guilt and purify your heart?***

- The final question/action.

- **Offer this invitation to the guys:**
 - *Sometimes it's helpful to do something physical to represent the spiritual. So if you want Jesus to take away every last bit of your guilt and shame, just stand up right now, pick up this sack and place it in the wheelbarrow. And as you do, ask God to take away your guilt and shame – forever. Who has the courage to do that?*
 - *One of two things will happen:*
 - *Nobody picks up the sack.*
 - *Somebody picks up the sack. Encourage him. Go over and say a quick prayer with him.*
 - *Come back to the table with the sack. Put it back on the table.*
 - *"Does anybody else want to put the sack into the wheelbarrow?"*
- *Keep doing this until everyone's had a chance to put the sack into the wheelbarrow*
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TOP SECRET MANTIME TABLE COACHES' GUIDE