



## SESSION FIVE: **YOU ARE BEAUTIFUL**

(Ephesians 2:1-10)

### **What is guilt?**

- Literal meaning: “the state of having committed an offense. It’s the opposite of innocence.” (vocab.com)
- Psychological meaning: “an emotional response to the perception that we have broken a prohibition or fallen short of a standard. Thus, guilt can be both a fact and a feeling and the two are not necessarily related.” (Dr. Becca Johnson)
  - Distinctions of “guilt” and “guilty feelings”
  - Distinctions of “good/true” guilt and “bad/false” guilt
- Theological meaning: it is the moral and legal condition of all people prior to salvation; our personal accountability and just condemnation for sin and transgressions against God’s law. (Romans 3:9-23)
  - Result: **Prior to salvation** all are guilty/condemned.
  - Result: **Post salvation** all guilt and condemnation is permanently obliterated.

### **How do you tend to cope with guilt?**

### **What is God’s antidote for guilt?**

*As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.* EPHESIANS 2:1-3 (NIV 1984)

We are all \_\_\_\_\_ and members of a \_\_\_\_\_  
dysfunctional family.

- The result: death, disobedience, destruction
- The source: Romans 5:12

## Understanding God's Solution

*But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.* EPHESIANS 2:4-7 (NIV 1984)

- His motive (Ephesians 2:4)
- His action (Ephesians 2:5-6)
- His purpose (Ephesians 2:7)

Jesus's \_\_\_\_\_ rescued us from condemnation and into His \_\_\_\_\_.

## Experiencing God's provision

*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.* EPHESIANS 2:8-9 (NIV)

Our \_\_\_\_\_ can only begin when we recognize the full extent of our need.

- The Source: 100% \_\_\_\_\_
- The Reception: Through \_\_\_\_\_
- The Result: No \_\_\_\_\_

*Therefore, there is now no condemnation for those who are in Christ Jesus.* ROMANS 8:1 (NASB)

## Embracing the beauty of God's re-creation

*For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.* EPHESIANS 2:10 NIV

- You are His \_\_\_\_\_.
- You are uniquely gifted and \_\_\_\_\_ in your inward character and outward appearance in God's eyes.

## How to see yourself as God sees you

### MISBELIEFS:

- I am a bad person. My past mistakes and "guilty feelings" confirm I am dirty, ugly and unlovable.
- If only I could be as beautiful, talented, and morally pure as \_\_\_\_\_, then I would be happy.



### APPEARANCE TRUTH:

My soul (the real me), my physical appearance, my natural talents and my personality (in their unchanging aspects) are beautiful in God's sight. He is my designer and maker.

Psalm 139:13-17

## Questions for reflection and discussion

1. Do you see yourself as precious and beautiful in God's eyes? What adjectives would you use to describe yourself? What are some of the adjectives God would use to describe you?

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2. When coping with guilt, people hide it, bury it, deny it, excuse it, justify it, or blame others for it. Do you find yourself dealing with guilt in one or more of these ways? Which ones?

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3. Read Romans 8:1: *“Therefore, there is no condemnation for those who are in Christ Jesus.”* As one who is in Jesus, should you feel guilt or condemnation? Then why do we? How have you seen guilt manifest itself in culture, in those around you, in your family, or in you?

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4. True restoration can only begin when we recognize the full extent of our need for Jesus. Have you come to the point where you realize that you can't do this yourself? Spend some time reflecting on your deep need for Jesus. Tell Jesus why you need Him.

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5. According to Ephesians 2:10, you are God's handiwork, His masterpiece, His magnificent artwork. Close your eyes and imagine you are climbing into God's lap or taking a walk with Him.

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Resources:  
*Good Guilt, Bad Guilt* – Dr. Becca Johnson