

**Total Time: 60 minutes (flexible)**

## opening prayer

**Leader Frame (Optional):** Tonight is about something deeper than forgiveness. It's about what we carry—and whether we can truly move on and live for what we were made for.

**Prayer:** “Jesus, search our hearts tonight. Show us what we’ve been carrying and open us to what You want to do in us. Amen.”

## highlights & connection

**Purpose:** Surface the universal desire to “move on.”

### opening reflection

- Why do you think people want to “move on” from their past?
- Have you ever felt like you moved forward in life—but something still followed you?

**Bridge Statement:** Everyone wants to move on. But you can move forward externally... and still feel unresolved internally.

**Key Reminder:** You can move forward in life... without truly moving on inside

## scripture focus

Read Aloud: Hebrews 9:1-10

### Context (Leader Summary)

The tabernacle was real, designed by God, and important—but it had a limit. It could deal with sin outwardly, but it could not cleanse the conscience inwardly. It pointed to something more.

## main discussion focus

### Key Truth # 1 - The Real Problem Is Deeper Than Sin

The issue is not only what we've done but what it has done to us

- Sin leaves a mark
- The conscience carries it
- It resurfaces again and again

### Discuss

- Where do people try to “bury” or ignore things instead of actually dealing with them?

**Key Insight:** What is covered but not cleansed will keep resurfacing.

### Key Truth # 2 - Coping Helps You Carry It—But Not Remove It

The world offers ways to:

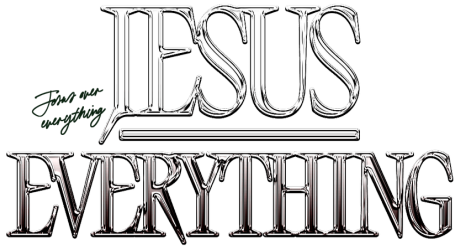
- manage
- compartmentalize
- cope

But not cleanse

### Discuss

- Where do you see people (or yourself) trying to cope instead of truly being free?

**Key Insight:** Ifunctioning is not the same as being free.



### **Key Truth # 3 - You Were Made to Serve the Living God**

God didn't just forgive people—He formed a people to live for Him

- Exodus: “Let my people go that they may serve me”
- Worship (latreia) = a life lived for God

#### **Discuss**

- What does “serving the Lord” look like beyond just church activity?

**Key Insight:** You weren't just saved from something—you were saved for Someone.

### **Key Truth # 4 - An Unresolved Conscience Limits Your Purpose**

- Hard to live for God when something inside feels unresolved
- Hard to step into purpose while still carrying weight

#### **Discuss**

- How does carrying guilt, shame, or past decisions affect how people live today?

**Key Insight:** You can't fully live for God outwardly while something remains unresolved inwardly.

## **renewal - can you truly move on?**

### **Part A- What are you carrying?**

Discuss honestly:

- What do people struggle to “move on” from?
- Is there anything in your life that still feels unresolved internally?

### **Part B - The Deeper Question**

- What does it actually mean to “move on”?
- Why is it harder than people think?

**Key Line:** Coping helps you carry it... but it doesn't remove it.

## **missional living - live with purpose**

#### **Each person answers:**

- What would it look like to live your life as serving the Lord this week?
- Where do you feel held back from fully living for God?

#### **Next Week Follow-Up:**

- Where did you notice yourself still “carrying” something?
- What did that affect in how you lived?

**Key Line:** You were made to serve the living God—but you can't fully live that out while carrying what hasn't been cleansed.

# JESUS *Jesus over everything* EVERYTHING

## prayer

**Break into small groups or pairs:**

1. **Honesty:** “God, here’s what I’ve been carrying...”
2. **Surrender:** “I don’t want to just manage this...”
3. **Openness:** “Prepare my heart for what You want to do...”

## final takeaways

- The Old Covenant could deal with sin—but not cleanse the conscience
- What is buried but not dealt with will resurface
- Coping helps you carry—but not remove
- You were made to serve the living God
- Until the conscience is cleansed, you cannot fully move on

## memory verse

“...cannot perfect the conscience of the worshiper.”  
Hebrews 9:9 (ESV)

## discipleship journey connection

This week is about: Awareness of the Inner Life

Encourage:

- honest reflection
- identifying what is still being carried
- preparing for true freedom in Christ

## final note

Keep this group:

- honest
- safe
- focused

Don’t rush to fix everything. Let people feel the tension.