

Life Matters

Worksheet 5



Have you ever had a task to do that you really don't like, and you keep putting it off and off and off? Eventually you've run out of excuses in your mind and know that you just have to get on and complete the task. How do you feel afterwards? So often it's a mixture of relief and a little frustration that you just could have completed this so much earlier, it really wasn't so bad was it!

Have you ever had to have 'that' conversation with someone? You've replayed and practiced what you're going to say over and over again. Then it happens and more often than not you're wondering why you were so worried about this in the first place. The relief is there because the situation that has worried and concerned you has gone.

The word 'relief' comes to us from Latin and really means the removal of pressure. We can face pressure in our lives from a variety of different sources including putting ourselves under pressure. This pressure can cause us anxiety and stress. It can also be a helpful thing to ensure that we get up in the morning and complete the tasks that we really need to do. The time pressure of completing this worksheet is a case in point! The relief that comes to us when we know that the pressure has gone is a great feeling.

QUESTIONS:

- **Can you remember a time when you faced real pressure?**
- **How did that make you feel?**
- **When the pressure was gone, how did the relief really make you feel?**

Often in life the things that we do or don't do can have an effect on our relationships with others. This can be with friends, family or work colleagues. Sometimes this can lead to a breakdown in a relationship. There can be a separation which can be painful and distressing. This may or may not be your fault, but the pain is very real. The breakdown of relationships brings separation.

When someone in the UK commits a serious crime and breaks the law, one of the punishments available to the judiciary is to sentence the law breaker to time in Her Majesty's prison. This is the standard punishment and is used for a variety of offences and crimes. The law breaker is separated from their friends, family and colleagues as a result of what they have done. Sometimes this separation is a good and necessary thing as it brings protection to the victims. Law breaking brings separation.

We know that the words that we use with others, and the actions that we take often have real consequences, sometimes huge ones. The scientists tell us that every action has an equal and opposite reaction. We often experience that this is not just true in the physics world, but in the world of human relationships as well. When we 'wrong' someone there are consequences. The same is true in our relationship with God.

At the beginning of the Bible, in Genesis, we are given the story of Adam and Eve. They had an incredible relationship with God. God walked and talked with them in the garden. However, the Bible tells us that Adam and Eve chose to break the one rule that God had given them. They disobeyed and became law breakers. This brought them separation from God. Their relationship was never the same again. The separation from God that they knew, is our experience as well. We are separated from God; we can't walk and talk with God in the same way that Adam and Eve did.

QUESTIONS:

- **When relationships break down, what is needed to repair the situation?**
- **When relationships break down who is often needed to help repair the situation?**

John the Baptist was a preacher and prophet who lived at the same time as Jesus. The role that God had given him was to prepare for the coming of Jesus. John was a straight-talking man who had many followers but as a straight talker, was someone who upset the leaders of the day. When John saw Jesus walking towards him, John says 'Look, the Lamb of God, who takes away the sin of the world!' That is a remarkable statement. The first thing that John the Baptist wants us to do is 'look'. He wants us all to take a look at Jesus. To consider Jesus, to take him seriously and investigate him.

The way that John the Baptist describes Jesus is incredible. He says that Jesus is the 'lamb of God'. Jesus is, of course, a real human being, so what does John mean? To answer this question, we must go back in time.

The Twelve tribes of Israel were sons of Jacob. Due to the ravages of famine, they had all moved to Egypt and had settled there for many years. They became enslaved in Egypt and suffered enormously. This is the story of Moses that is found in the book of Exodus. There we read that Moses asks Pharaoh to let the Israelites leave Egypt so that they could return to their home and worship God. Pharaoh repeatedly refuses to let the people go. Under the leadership of Moses, God brings 10 plagues upon the land of Egypt, most of which do not affect the Israelites at all. Pharaoh still refuses to let the Israelites go.

QUESTIONS:

- **What do you know about the plagues in Egypt written about in Exodus?**

The last plague was the death of the first born. God directed Moses to tell the Israelites to get ready to leave Egypt. As part of these preparations, they were to take a spotless Lamb. They were to kill it, eat it and put the blood of the Lamb upon the doorposts where they lived. That night when the angel of death came to every house in the land, when the Angel saw blood on the doorpost then the Angel would 'pass over'.

The Passover meal is still celebrated around the world today. It is highly significant and symbolic. The lamb was killed in the place of the first born. The lamb was a substitute. Death came to every house, unless the blood of the lamb was there. The dead lamb was the difference between life and death. The blood of the dead lamb stopped the separation that death brings. The blood brought salvation from death.

When John calls Jesus the 'Lamb of God' this is highly significant and symbolic. John is telling us to look to Jesus as our 'Passover lamb'. Jesus is going to give His life in the place of others. This Lamb has been sent by God. We do not need to find a spotless Lamb; God has sent us His Son to be the Lamb for us. The question is why? John the Baptist has already given us the answer to that question!

We have already seen the relief that we have when things that worry and trouble us are dealt with. We have also seen that we are separated from God because of what Adam and Eve did, and what we do. When we break God's laws, this brings separation from Him. Our relationship with God needs repairing. What does a broken relationship need? It needs both sides to be willing to do something about the situation. It also can be helped by a mediator, someone who is willing to step in and help both parties to do something about their situation.

When John the Baptist calls Jesus the 'Lamb of God' he also tells us 'who takes away the sin of the world'. Here is the reason that Jesus was going to be our Passover Lamb. Jesus is going to take away our sins. He is going to deal with our breaking of God's laws. Jesus is the one who will give His blood so that we are no longer separated from God. Jesus is the one who will bring the immense relief of knowing that our sins have been taken away. It is the ultimate removal. All those things that we have said and done that are contrary to the laws of God, and God provides His Son, God's lamb, so that we can know the blessings and relief of forgiveness.

QUESTIONS:

- **Do you know that your sin has been forgiven by God or are you still carrying the guilt?**
- **Have you put your faith and trust in the blood of the Lamb of God?**

In John chapter 1 and verse 34 we have the testimony of John the Baptist about Jesus. Having told us that Jesus is the Lamb of God, John now also tells us "I have seen and I testify that this is God's chosen one." Over the centuries that have passed since John uttered these words, many millions of people have given the same testimony. Can you same the same thing today?

How would you like to explore this life in Jesus Christ that John wants you to know? This is your opportunity and invitation to do that. There are currently millions of people around the world who have experienced what life in Jesus Christ is really like. Why not commit to spend some time for the next few weeks exploring this for yourself? These videos and studies will be appearing twice a week and we will attempt to answer any questions you have via our email address info@lfec.org

In the next video and study, we will be looking at how Jesus is our Lamb as he goes to the cross for us. Look out for these on YouTube, Facebook or on our website:

www.lfec.org