

Study Series: All of Grace

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 Lesson Title: “Alsa! I Can Do Nothing!” (pp. 43-55)

Session 4

March 27, 2022

The main point of this lesson is: Jesus died for us when we were His enemies without strength to accomplish any good.

Focus on this goal:To help adults look to Jesus for strength in their weakness

Key Bible Passage:Romans 5:6

Before the Session

1. On large cards write, Repentance, Christ*,* and a horizontal arrow. (Step 3)

2. Be ready to share a biblical truth you struggled to believe at some point in your Christian life (or still struggle to believe). (Step 5)

During the Session

Step 1. Create Interest / Jumpstart Discussion

From the following (or your own) list of famous enemies, state one and have the group identify the corresponding enemy: Sylvester/Tweety; Hamilton/Burr; Coyote/Roadrunner; David/Goliath; Sherlock Holmes/Professor Moriarty; Batman/Joker.

Ask: What makes someone an enemy?

Explain that in today’s session you’ll be considering how we were enemies of God and how He responded.

Step 2. I Cannot Understand

Invite volunteers to read Romans 5:6 from different translations. Ask the same volunteers to read John 15:5 from those same translations.

Say: We have a problem: we have no strength to live out what we believe. Jesus confirmed it: we can’t do anything without Him. So what is the missing link between our faith and our lives?

Use the last Day One paragraph (pp. 44-45) to stress that Christ died for us when we were without strength and ungodly—while we are inadequate, we can be confident He is our strength.

Ask: Because Christ did everything for our salvation, what can we do to lean upon His strength in our faithful living? As a group, discuss how prayer and dependence on God’s Word and God’s strength are imperative for walking in faith and love.

Step 3. I Cannot Repent

Ask: What roles do feeling and emotion play in repentance?

Use the Day Two opening paragraph (p. 46) to show that some believers fear that if they’ve not become overly emotional, they’ve not repented.

Read the first three sentences of the second paragraph (p. 47), encouraging learners not to hold themselves to a standard of perfect repentance.

Enlist a volunteer to display the card labeled “Repentance” in the right hand and “Christ” in the left. Hold the arrow between the two so it reads: Repentance à Christ. Say: We sometimes think our repentance will lead us to Christ. But the author states that is backward. Reverse the arrow.

Use Day Two content (pp. 46-48) to reveal how our looking at Christ, specifically His crucifixion, leads to our repentance.

Step 4. I Cannot Avoid Evil Thoughts and Sin

Point out that Day Three deals with feeling we are unable to remove evil thoughts from our minds and unable to remove sin from our lives.

Say: I could ask for a show of hands for any who struggle in these two categories, but that might make you feel even more guilty. But notice the author himself wrote he struggled in both areas.

As a group, use Day Three (pp. 48-50) content to consider what it means to “cast” ourselves (mentioned in both instances) upon Christ and the teachings of His cross in order to overcome our sinful thoughts and actions.

Invite a volunteer to read Luke 8:43-48. Ask: How are we like that woman as it pertains to our sinful thoughts and actions? Help learners see that we feel, and are, unable to overcome them; we must allow Christ to conquer them for us.

Step 5. I Cannot Believe

Share a biblical truth you’ve struggled to believe. Provide the opportunity for any volunteer to do the same.

Read the opening sentences of Day Four (p. 50), ending with the phrase, “by trying to believe.” Say: We either believe God speaks truth or we believe He lies to us. It’s not in trying to believe that we believe; believing comes from finding confidence in God.

Direct learners back to Romans 5:6 and ask: How can we find God truthful as we consider this verse? Point out that Scripture proves God’s faithfulness in that Christ died before any righteousness came upon us.

Step 6. I Cannot Remain Firm

Ask: We’ve looked at Romans 5:6 over and over today—who can quote it without looking at a Bible or study guide? Share that we will look at one more benefit to knowing this verse: it helps us to remain firm when we lack the ability to live out our faith.

Ask how typical the man’s reaction in the opening example is—we hear the Word on Sunday, then find ourselves overwhelmed at work or in the presence of those who do not believe.

Read the continued response in the first two lines of the second paragraph (p. 52). State: The focus here is on us; again, that’s the wrong focus. Point out again that it is the strength of Christ—not our own strength—that enables us to stand firm.

Step 7. Practical Application – Live Out the Lesson

Read each Day’s title. Say: If we’re honest, each of these has been true of us at some point in our lives. And we’re right; we can’t: we must depend on the strength of Christ to do anything.

Close with a prayer of dependence on God for your own life and those of your learners.

