

## Releasing Ourselves from Sin

“Despite a hundred sermons on forgiveness, we do not forgive easily, nor find ourselves easily forgiven. Forgiveness, we discover, is always harder than the sermons make it out to be,” writes Elizabeth O’Conner.

1) Why do you think it is so hard to forgive others?

2) Why do you think it is so hard to forgive ourselves?

This mortifying of sin through the Spirit is accomplished on this wise: Man recognizes his sin at once repents, remembers God’s Word, and, through faith in the forgiveness of sins, strengthens himself against sin, and so resists it that he does not consent to it nor permit it to come to deeds.—Sermons of Martin Luther Vol 8

3) How easy it is to recognize our own sin?

4) What obstacles get in the way of our recognizing our own sin?

5) How well do you know the promises of God regarding your forgiveness?

6) Why is it hard to apply these promises to ourselves?

**Five Aspects of Christ's Saving Work**

**၁ ပူးတရူး ၁:၁၈-၁၉ 18** အဂုဒ်အံ၊ သုသုဉ်ညါလၢတၢ်တပူၤ ကၤသုလၢတၢ်အုဉ်သံကျၢ်သံ၊ ဒ်စ့ဒီးထူအသိးလၢသု လုၢ်သုလၢလၢမိၢ်စိၤ ပၤစိၤအပူၤဘၣ်. **19** မ့ၢ်တၢ်ပူၤကၤ သုလၢခရံၣ်အသ့ၣ်, လၢအလုၢ်ဒိၣ် ပူၤဒိၣ်,ဒ်လၢသိဖိလၢ အတၢ်သံၣ်သုမိၢ်ကျၢ်, ဒီးအတၢ်မဲၣ်သုမဲၣ်ဂီၤတအိၣ် ဘၣ်အသိးလီၤ.

7) Why does Peter call your life before Christ worthless? Worthless in what way?

8) With what were you set free?

9) What do we call this ransoming act of Jesus?

10) How can this promise help you to accept the reality that your sins are forgiven?

**၁ ယိဟုဉ် ၂:၁-၂** ယဖိဆံးသ့ၣ်ဧၤ, တၢ်တဖၣ်အံၤယကွဲးန့ၢ်သု, ဒ်သိး သုသုတမၤတၢ်ဒဲးဘးတဂ့ၤ, ဒီးပူၤမ့ၢ်မၤတၢ်ဒဲးဘးတဂၤ ဂၤဒီး, ပူၤသကွံၢ်ကညးန့ၢ်ပဂီၢ်လၢပၢ်အအိၣ်န့ၢ်အိၣ်တ ဂၤလီၤ. အဝဲဒၣ် မ့ၢ်တၢ်တီတၢ်လိၤယုၣ်ရှုၤခရံၣ်တဂၤန့ၢ် လီၤ. **2** ဒီးအဝဲဒၣ် မ့ၢ်တၢ်မၤပူၤဖျဲးပတၢ်ဒဲးဘး, ဒီးတမ့ၢ် ဘၣ်ထဲပတၢ်ဒဲးဘးပဝဲဧၤဘၣ်. မ့ၢ်ပူၤဟီၣ်ခိၣ်ဖိခဲလၢ် အတၢ်ဒဲးဘးစ့ၢ်ကီးလီၤ.

11) What does having Jesus as our advocate mean?

12) What does propitiation mean?

13) How can this promise help you to accept the reality that your sins are forgiven?

**ရိုမ ၃:၂၁-၂၆ 21** မှမ့်ခဲကနံာ်အံၤ, ယွၤအတၢ်တီတၢ်လိၤလၢအတဟဲ  
ဘၣ်လၢတၢ်သိၣ်တၢ်သီဘၣ်န့ၣ်, အိၣ်ဖျါဝဲလၢတၢ်သိၣ် တၢ်သီ,ဒီးဝံသ့ၣ်  
တဖၣ်အုၣ်အသးအဂ့ၢ်, **22** ဒ်ပစံးတၢ်အ သီး, ယွၤအတၢ် တီတၢ်လိၤလၢ  
တၢ်န့ၣ်ယုၣ်ရှုးခရံၣ်န့ၣ်, ဟဲဆူပှၤခဲလၢ, ဒီးဘၣ်လၢပှၤန့ၣ်တၢ်တဖၣ်  
ခဲလၢအ လိၤလီၤ. အဂ့ၢ်ဒ်အံၤ,တၢ်တလီၤဆီဘၣ်. **23** အဂ့ၢ်ဒ်အံၤ,  
ပှၤခဲလၢ မၤတၢ်ဒဲးဘးဒီး တချုးန့ၣ်ဘၣ်ယွၤအလၢအ ကပီၤဘၣ်.  
**24** ဒီးပဘၣ်တၢ်ဟံတီဟံလိၤပှၤကလီကလီ လၢယွၤအဘျုးအဖျါလၢ  
ယုၣ်ရှုးခရံၣ်အတၢ်ပှၤက့ၤပှၤ အသိလီၤ. **25** ယွၤဟံဖျါထီၣ်  
အီၤလၢတၢ်လုၢ်, လၢတၢ်န့ၣ် အသ့ၣ်အသိ, ဒ်သီးအကဒုးန့ၣ်  
အတၢ်တီတၢ်လိၤလၢ တၢ်လဲၤကဟံတၢ်ဒဲးဘးလၢ ပှၤမၤတ့ၢ်ဝဲဖဲ  
ယွၤဝံသးစူၤ တၢ်အတီၢ်ပှၤ, **26** ဒ်သီးအကဒုးန့ၣ်အတၢ်တီတၢ်  
လိၤအကတီၢ်ဖဲအံၤ, ဒ်သီးအကတီၢ်ဝဲလိၤဝဲဒီးဟံတီဟံ လိၤပှၤလၢ  
အန့ၣ်ယုၣ်ရှုးန့ၣ်လီၤ.

14) How do we get the righteousness of God according to these verses?

15) What do we call this act of justifying us?

16) How can this promise help you to accept the reality that your sins are forgiven?

**ကလီးစဲ ၁:၂၁-၂၃ 21** ဒီးသုဝဲသ့ၣ်လၢအခိၣ်ထံးန့ၣ်, သုမၤတၢ်အၢတၢ်သီ သတးဒီး, သုမ့ၢ်ပုၤတခါဘီမ့ၢ်ဖိ, ဒီးတၢ်အဒုၣ်အဒါလၢ သုသး, ဘၣ်ဆၣ် ဒီးခဲကနံၣ်အံၤမၤဖိးလိာ်က့ၤသု, **22** လၢ အဖံးအညၣ် အနီၢ်ခိအပူၤလၢအသံ ဝဲအယိ, ဒ်သိးအက ဟ်သုစီဆ့, ဒီးတသံၣ်သုတမိာ်ကျၢ်, ဒီးတၢ်ဟ်တၢ်က မၢ်လၢသုလိၤအလီၢ်တအိၣ်ဘၣ်, လၢအမဲၢ်ညါန့ၣ် လီၤ. **23** ဒီးသုမ့ၢ်အိၣ်သ့ၣ် လီၤသုသး,ဒီးအိၣ်ဂၢ်ဆိးကျၢၤ လၢတၢ်န့ၣ်အပူၤ, ဒီးသုမ့ၢ်တသုးကွံာ် သုလီၢ်လၢတၢ်မ့ၢ် လၢဘၣ်ဃးဒီးတၢ်သးခုအကစီၣ်,လၢသုန့ၣ်ဟူလၢတၢ် စံာ်တဲၤတဲၤလီၤလၢ ကယဲၢ်ပုၤဘၣ်တ့အသးလၢမူခိၣ်အ ဖီလၢန့ၣ်ဒီး, တၢ်ကမၤအသးဒ်န့ၣ်လီၤ. ယၤစီၤပီလူး အံၤ,ယမ့ၢ်အဝဲန့ၣ်အခုအပုၤလီၤ.

17) Why were we alienated from God?

18) How were we brought back to God?

19) What do we call this act of bringing us back to God?

20) How can this promise help you to accept the reality that your sins are forgiven?

**ဧၤဘျီ ၁၀:၁၀-၁၂ 10** လၢတၢ် ဘၣ်အသးအံၤပကဲထီၣ်တၢ်စီဆ့, လၢတၢ်ဟ်ထီၣ်ယုၣ် ဂျူးခနံၣ်အနီၢ်ခိတဘျီအယိလီၤ.

**11** ဒီးကယဲၢ်ပုၤလုၢ်တၢ်အိၣ် ကိးဂၤဒဲး, ဆၢထၢၣ်မၤတၢ် မၤတနံၣ်ဘၣ် တနံၣ်ဒီး ဟ်ထီၣ်တလီၢ်လီၢ်တၢ်လုၢ်တ မံၤ,လၢအစိာ်ကွံာ်တၢ်ဒဲးဘးတသ့ဘၣ်.

**12** မ့ၢ်အဝဲဒၣ် န့ၣ်ဟ်ထီၣ်တၢ်လုၢ်လၢတၢ်ဒဲးဘးအဂီၢ်တဘျီဒီး, ဆ့ၣ် နီၤထီၣ်ဘိလၢယွၤအစုထွဲတခါ,

21) Why did the priests need to offer daily sacrifices?

22) How many sacrifices did Jesus need to make?

23) How are we sanctified through the body of Christ?

24) How can this promise help you to accept the reality that your sins are forgiven?

25) Which of **Five Aspects of Christ's Saving Work** are the most meaningful/helpful for you?