



The Lazarus Life: My Journey of Transformation

A Study Guide for Individual and Small Group Discussion of the Sermon Series

Chapter Seven

(Week 7 – February 15)

NAMING THE GRAVECLOTHES:

Recognizing the Things That Bind You

Key Concepts

- ✚ When we emerge from the tomb, we still wear the outer reality of what is left to be transformed.
- ✚ Naming what is holding us back from Jesus will help us take steps toward him.
- ✚ Many Christians struggle with self-rejection, fear, guilt, blame and shame, and disappointment. Only God can help us lighten the load of those graveclothes.

Individual or Group Questions

1. How would you describe the effects of still wearing your spiritual graveclothes? More specifically, how do these graveclothes restrict you and your daily life?
2. Have you personally encountered any of the five common graveclothes? Specifically describe how each gravecloth has bound you.
 - ✚ Self-rejection
 - ✚ Fear
 - ✚ Guilt
 - ✚ Blame and Shame
 - ✚ Disappointment
3. Can you name other spiritual graveclothes that bind you? List and briefly describe them.
4. How could both you and God participate in lightening your graveclothes? For each cloth, describe a) what you could do; and b) what you hope God will do.