

DON'T MISUSE GUILT

GODLY Sorrow > Conviction > Repentance > Confession > Forgiveness > Reconciliation

2 CORINTHIANS 7:9-10 NLT Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. ⁽¹⁰⁾ For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

1 JOHN 3:20-21 NLT Even if we feel guilty, God is greater than our feelings, and he knows everything. ⁽²¹⁾ Dear friends, if we don't feel guilty, we can come to God with bold confidence.

DON'T LIVE IN SHAME

Shame is the Devil's tool

GENESIS 3:6-7 NLT The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. ⁽⁷⁾ At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

PROVERBS 13:5 NLT The godly hate lies; the wicked cause shame and disgrace.

ROMANS 5:8-9 NLT But God showed his great love for us by sending Christ to die for us while we were still sinners. ⁽⁹⁾ And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation.

DON'T DISHONOR THE BLOOD

HEBREWS 10:26,27,29 NLT Dear friends, if we deliberately continue sinning after we have received knowledge of the truth, there is no longer any sacrifice that will cover these sins. ⁽²⁷⁾ There is only the terrible expectation of God's judgment and the raging fire that will consume his enemies. ⁽²⁹⁾ Just think how much worse the punishment will be for those who have trampled on the Son of God, and have treated the blood of the covenant, which made us holy, as if it were common and unholy, and have insulted and disdained the Holy Spirit who brings God's mercy to us.

PSALMS 32:5 NLT Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.

THINK & DISCUSS:

1. Share about how guilt affects you?
2. Have you ever struggled with false guilt or shame?
3. How serious are you about honoring the blood of Christ?

MY STEP: #6: COMMIT TO NOT REMEMBER

THE GRUDGE

FREEDOM IN FORGIVENESS

6 STEPS OF THE FORGIVENESS PROCESS

Step 1: Thank God for Forgiving me

Ask: “Do I have any unconfessed sin in my life?”

Step 2: What offenses do I need to Forgive

Ask: “Who do I need to forgive and for what?”

Step 3: Repent of my Unforgiveness

Ask: “God please forgive my unforgiveness?”

Step 4: I choose to Forgive from my Heart

Say: “God, I choose to forgive Name from my heart for offense.”

Ask: “Lord, is there anything else I need to forgive Name for?”

Say: “I declare Name is no longer in my debt. I transfer their debt to God.”

Step 5: Ask God to bless them

Ask: “Lord, please bless Name, and help me find a way to bless them.”

Step 6: Commit to Not Remember

When the memory comes:

Say: “I remember forgiving that!”

Say: “Praise God for the freedom forgiveness brought me.”

Say: “Bless the person I forgave again!”

Pray: “Please God, pave the way for reconciliation.”