



PART 3: Guilt Trip

INTRODUCTION

When we fail to measure up to a set of standards, we feel guilt. When we fail to measure up to God's standards, it can drive a wedge in our relationship with him. But resolving the guilt we feel when we think we have disappointed God is simpler than we believe. It requires honesty.

DISCUSSION QUESTIONS

1. When was the first time you remember feeling guilt? What did you do to resolve that guilt?
2. Talk about a time when you had to confront someone about his or her guilt. What did you do? If you had it to do again, would you do anything differently?
3. When you experience guilt, do you tend to respond by making others pay for it, dismissing it, or hiding it? Why do you think you respond the way you do?
4. Read Psalm 32:3-5. Talk about a time you admitted your guilt to God. What did it do for your relationship with him?
5. *"God has already made you clean. He longs for you to bring your sin to him."* Is that difficult for you to believe? Why or why not?
6. Is guilt robbing you of life right now? Is it an obstacle to your relationship with God? What can you do this week to begin to come clean? How can this group support you?

MOVING FORWARD

Is your relationship with God currently limited by feelings of guilt? You need to come clean to your heavenly Father—not to be clean, but because, in Christ, you're already clean. Being honest with God about your guilt allows you to experience the relief of grace.

CHANGING YOUR MIND

*Then I acknowledged my sin to you
and did not cover up my iniquity.*

*I said, "I will confess
my transgressions to the Lord."*

*And you forgave
the guilt of my sin.*

Psalm 32:5