

Guilt Questions

1. Why are you feeling guilty?
2. Why did you do (or not do) that? Or why are you feeling (or not feeling) that way?
3. Was that a sin?
4. Do you think you're feeling convicted by the Holy Spirit or condemned by Satan?
 - A. If you're feeling convicted by the Holy Spirit, take some time to confess your sin. Has God forgiven you?
 - B. If you're feeling condemned by Satan, what lies are you believing? What is the truth to each lie?
 - C. If your answer is "Neither," are you trying to make someone happy? If so, who? Consider using the people pleasing questions to talk the situation over with God.
5. What does it mean that you've been saved by grace through faith? (Ephesians 2:8-9)
6. Is God's grace enough to cover this situation? Why or why not?
7. Is God faithful and just to forgive you if you ask Him, even if you've done (or not done) this same thing over and over again? (1 John 1:9, Matthew 18:21-22)
8. What can you thank God for in this situation?

Bible Verses

Psalm 32:1-5 How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit! When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my vitality was drained away as with the fever heat of summer. Selah. I acknowledged my sin to You, and my iniquity I did not hide; I said, "I will confess my transgressions to the Lord"; and You forgave the guilt of my sin. Selah.

John 8:10-11 Straightening up, Jesus said to her, "Woman, where are they? Did no one condemn you?" She said, "No one, Lord." And Jesus said, "I do not condemn you, either. Go. From now on sin no more."

Galatians 1:10 For am I now seeking the favor of men, or of God? Or am I still striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ.

Philippians 1:6 For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

Romans 8:1-2 Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death.

Romans 8:28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

2 Corinthians 5:9 Therefore we also have as our ambition whether at home or absent, to be pleasing to Him.

Hebrews 4:15-16 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.