

## The Battle for Our Emotions “Guilt”

### PERSONAL APPLICATION

Review the main lesson outline briefly

1. What area of guilt in your life do you struggle with the most? God through the 4 step process and identify the step that is missing.
2. Discuss with your group ways to apply the 4 steps to dealing with guilt by sharing situations and then applying the four steps.

### PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day  
Write down your daily thought under each day

**Monday** – Hebrews 10:19-25

*Thought:*

**Tuesday** – 1 John 1:1-10

*Thought:*

**Wednesday** – John 8:9-11

*Thought:*

**Thursday** – Romans 8:1

*Thought:*

**Friday** – Matthew 15:7-9, Colossians 2:20-22

*Thought:*

**Saturday** – 2 Corinthians 1:3-4

**Sunday** – “Grief”

## The Battle for Our Emotions “Guilt”

# The Battle for Our Emotions

*How to keep from becoming an emotional wreck!*



“Guilt”

**The Battle for Our Emotions**  
**“Guilt”**

**Guilt**

Hebrews 10:19-25

- I. Definition – What is Guilt? – “The violation of a law or standard of conduct!”
  - A. It is an objective fact – “David was guilty of adultery”
    1. Legal
    2. Spiritual
    3. Personal – Woman caught in adultery – John 8:11
    4. Social
  - B. It is a subjective feeling – “I feel guilty about eating all those doughnuts.”
    1. Appropriate guilt – 2 Cor. 7:8-10
      - a. Has a just cause
      - b. Leads to repentance & change
    2. Inappropriate guilt – 2 Cor. 7:10
      - a. No just cause
      - b. No change
      - c. Out of proportion with the offense
      - d. Biblical guilt is when one breaks God’s law – James 2:10, 1 John 3:4
      - e. False guilt is produced by man – Matthew 15:7-9, Colossians 2:20-22
- II. Dealing with Guilt – The key is understanding forgiveness – 1 John 1:9, Romans 8:1, John 8:11
  - A. Identify the cause – what law or standard of conduct has been violated?
  - B. Confess our sin (the violation) – 1 John 1:9=agree with God about the violation.
  - C. Be confident, by faith, that God has forgiven us – Hebrews 10:19-23, Matthew 18:21-22

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- D. Correct the problem – John 8:11, Hebrews 10:24-25

**NOTES**