

Living to Win Over **Guilt**

Guilt has become for many people an ever-present aspect of life. People at every turn are found to impose “guilt-trips” to assist them in the manipulation of others. The somber power of guilt is sufficient to drive people past the point of self-destruction. But some guilt is beneficial; like pain, it is useful for bringing us to necessary action. Do you understand the complex nature of guilt as it influences your life?

How We Respond to Guilt

1. **Repression** – “It didn’t really happen.”
Proverbs 28:13
2. **Regrets** – “It’s too bad it happened the way that it did.”
Mark 10:21-22
3. **Remorse** – “I’m just sick about what has happened.”
Matthew 27:3-5
4. **Repentance** – “It’s my fault. I’m so sorry. It won’t happen again.”
Luke 5:32

To Receive Forgiveness, You Must . . .

1. **Be aware of your violation of the rules.**
Leviticus 5:17, 19; James 2:10; John 16:8
2. **Be sorry for what you have done.**
II Corinthians 7:8-10
3. **Be willing to set a new course in the future.**
Acts 2:37-38; 17:30

Guilt: (*according to Webster*)

1. The **FACT** of having committed a breach of conduct.
2. The **FEELING** of responsibility for real or imagined offenses.

**Our goal is to eliminate both the
FACT and FEELING of guilt
from our lives!**

NOTES: