



GUILT TRIP

INTRODUCTION

Guilt isn't a church issue; it's a human issue. Guilt exists where there is expectation. It's an understanding that we haven't measured up. The good news is that guilt doesn't have to stand between you and God. In this message, Tom Shefchunas looks at how God can use your guilt to draw you closer to himself, freeing you from crippling regret.

DISCUSSION QUESTIONS

1. Talk about a time when someone didn't meet your expectations. What was your reaction?
2. Have you ever felt guilty canceling on a friend, saying no to your child, or having to call in sick to work? Why?
3. Read 2 Corinthians 2:10. How can you tell the difference between the kind of sorrow or guilt that God uses to draw you closer to him and the kind that only weighs you down?
4. When you know what God wants you to do, what prevents you from doing it?
5. Why is it difficult to believe that a guilt-free relationship with God is possible?
6. What can you do this week to stop ignoring guilt from God and begin to obey him?

MOVING FORWARD

Worldly guilt shouldn't control you. Face it and move on. If there's something left over—guilt from God—it only means that the God who created the universe wants to know you personally and to lead you to a place of no regret. What are you waiting for?

Are you facing a serious struggle with guilt? Consider contacting our Hope Ministry for assistance:

<http://www.northpoint.org/hope>

CHANGING YOUR MIND

"The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Deuteronomy 31:8