

# IT CAME FROM WITHIN!

*It Came from Within* :: Luring Them into the Open :: Andy Stanley

## INTRODUCTION

It grows in the darkness and shrinks from the light. It lodges itself inside your heart and begins to infect all of your relationships. Carrying it with you wherever you go, this creature called guilt soon becomes a heavy burden. But what can you do? How can you break its power over you? There is a way to gain freedom from the power of guilt, and the method may surprise you.

## DISCUSSION QUESTIONS

1. When in your life has guilt been used to motivate you? At home? At church? What were the long-term results?
2. How does guilt create a debt/debtor relationship?
3. Read Numbers 5:5-7. Why are confession and restitution essential elements in resolving wrongs committed against another person?
4. When in your life have you confessed to someone you've wronged? What emotions did this surface in you and in that person?
5. When in your life have you made restitution to someone you wronged? Did you commit the same wrong again?
6. Read Matthew 5:23-24. Why do you need to be reconciled to the one you've offended? Why can't you just ask God for forgiveness and move on?
7. Read James 5:16. How is concealment often much more costly than confession?

8. How does confession lead to a changed life?

### THINK ABOUT IT

Are you carrying any guilt around with you? Is there anything that you need to confess?

### WHAT WILL YOU DO?

There are three steps to take to free yourself from guilt. What is your next step?

1. Confess to someone who can hold you accountable...someone who can help you take the next two steps?
2. Confess to the person you have sinned against or betrayed?
3. When possible, make restitution?

### CHANGING YOUR MIND

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:16*

