



Guilt

MAIN THING

Guilt puts us into a creditor/debtor relationship with both God and other people

SCRIPTURE

Matthew 12:33-35, Numbers 5:5-7, Luke 19:8, Matthew 5:23-24

ICEBREAKER

Name a time you did something that ate you up with guilt afterwards.

OPENING THOUGHT

When we have guilt lodged in our hearts, it won't be long until it begins to show up in our actions. We will hide from people we feel we have wronged. We will "hide" relationally or physically. Many times people will try to hide from God. They'll skip church, they'll miss community group, they'll distance themselves from Christian friends because of guilt. The Bible tells us that the cure for guilt is confession and restitution. Not only are we to make things right with God by confession to Him, we are also called to make things right with the person we have wronged by confession and restitution to THEM. The Bible tells us that we are to pay in full and add 20%. Then and only then can we eliminate the creditor/debtor relationship we have set up with people.

DISCUSSION QUESTIONS

1. What was one thing that stood out to you from this weekend's message?
2. Dave said on Sunday that, "You are basically a tree." What did he mean by that? Read Matthew 12:33-35. What does Jesus say about this? Do you produce good fruit? What does good fruit look like?
3. What were the two things that would be considered the cure for guilt? How do they cure it? What does Numbers 5:5-7 and Luke 19:8 say about that? Why are these so important. Can you cure your guilt without them?

LIFE APPLICATION

Guilt is rarely overcome without forgiveness. In Matthew 5:23-24, we see where we are to be reconciled with others BEFORE we bring gifts to God. In other words, our guilt needs to be removed in order to offer up our offerings and tithes to God in a way that is most honoring to Him. Take some time to think of people in your life that you need reconciliation with. Make that phone call, have that cup of coffee, or shoot out that email, and make things right. Humility is a huge thing for us as Christians, and it is a wonderful antidote for our guilt.

CHALLENGE

Take some time as a group and discuss how guilt has affected you over the years. Has it hurt relationships? Has it caused you depression? Has it been unwarranted? Sharing that guilt with others can allow for you to really process what you are going through and come to grips with the ferocity of the grip that guilt can have on us all.