

"Confronting Guilt"

April 8, 2018



THIS WEEK'S SCRIPTURES

Proverbs 22:7, 1 John 1:9, Numbers 5:6-7
Luke 19:1-10, Matthew 5:23-24

DAY 1

[Read Proverbs 22:7](#)

The writer notes that the borrower is slave to the lender. When we do something that is out of line with our Christian foundations we become a slave to the circumstance.

- **How does guilt come into play?**

Guilt leads us to believe we "owe" someone something.

- **What are the destructive traits of guilt?**

When we feel guilty we are overcome with the thoughts we "owe" someone an apology.

- **What is behind this feeling?**
- **Why do you feel you owe something to someone when you are feeling guilty?**

DAY 2

[Read 1 John 1:9](#)

When you read this text it has a very important meaning. It says God will forgive us all our "unrighteousness." That

is true, but it also says we must first do something before being forgiven.

- **What do we have to do? Why?**

Confession is an important part of our faith journey. When we confess, we acknowledge we have wronged God and confession leads us to a point of becoming right with God again.

- **How do you use "confession" in your life? In what ways is God dealing with your need to confess?**

Pastor Bob reflected that we need to be careful that we don't interpret this text as a "get out of jail free" card.

- **How can a misunderstanding of confession lead us to continue to commit the same sins/infractions daily? What do we need to do to safeguard against that?**

Some use confession as a means to relieve their conscience, remove their guilt over what they have done.

- **Why is this not the true meaning of confession? What is?**

DAY 3

[Read Numbers 5:6-7](#)

Confession is meant to move us into the direction of restoring relationships with God and one another. Some feel it is easier to confess their sin to God, but avoid being honest and confessing their sin to the person they offended or to people impacted by their sin.

- **Why is that?**
- **What does the Bible say about confessing to God and yet not confessing to people we've hurt?**

Pastor Bob pointed out that we must understand we are not an island and certainly not detached from other believers; we are connected.

- **Why does the Bible talk about Christians being "a community of faith?"**
- **What does it mean to be in Christian community?**

DAY 4

Read [Luke 19:1-10](#)

Zacchaeus was a wicked man until he confronted Jesus. He had wronged many Jews and, in some ways, was considered a traitor to his nation. When Jesus invited himself over to Zacchaeus' house, Zacchaeus found hope and forgiveness in Jesus.

- **Think of a time when you found hope and forgiveness with Jesus? What was going on?**

It wasn't enough that Zacchaeus had confessed his sins to Jesus; his public confession is what changed his heart.

- **Why do you think the Bible puts such emphasis on public confession? Why does this have more of a heart impact than private confession?**

We learn in this experience that for Zacchaeus, confessions wasn't about relieving his guilt. Jesus was more interested in a change in his heart.

- **How does a heart of sin change? Why is it so important that the heart be changed?**

DAY 5

Read [Matthew 5:23-24](#)

When Jesus spoke these words people must have thought he was crazy. To abandon the acts of worship, and instead first go in person to attempt to repair a relationship, just didn't seem to add up.

- **Why do you think God places such importance on our being reconciled and restored with one another before we can worship Him?**

It has been said that if you are angry or at odds with someone, you can't hear the voice of God. Think about how many Sundays people come to church mad at someone and when they leave worship they are still angry. They can't connect with God until they are reconciled with the other.

- **Has this ever happened to you?**
- **Why is it so hard to go and restore a relationship with someone?**
- **In what ways does your ego or pride get in the way?**

It is so easy to blame someone else for the troubles in our relationships instead of taking personal responsibility.

- **What stands in the way? How will you do things differently?**

DAY 6

Take some time today to pray, asking God for guidance and help in seeking forgiveness from those you have wronged. Give thanks to God for forgiving you your wrongdoings and keeping you close to him.

If you're having trouble viewing this email you can download a PDF of the Growth Guide by [clicking here](#).

