

silent**KILLERS**

3 June
2018

*what do
we do
with
guilt?*

Jeremiah 17:9

Matthew 1:21

Acts 24:16

1 Corinthians 8:10-12

Ephesians 4:32

1 Timothy 1:18-19

1 Peter 2:24

1 John 1:9

Talking through the message during the week helps turn what God is saying into action steps.

Read **1 Timothy 1:18-19**

- When you hear the word “*guilt*” what comes to mind?
 - Do you think more about **objective** guilt or **subjective** guilt?
 - Do you think more about **other’s** guilt or **your** guilt?
- Why is guilt a silent killer?
- Why do you think guilt is dismissed in our culture?
- Pastor Mike talked about 3 types of conscience:
(a) hypersensitive; (b) hardened; (c) healthy.
We all know people who fit in one of types.
How do you respond to each type of person?
- There are many ways of dismissing guilt... what are some of the ways that you observe? What are ways that you dismiss guilt?
- What are some of the ways that guilt disguises itself?
- How can we see through these disguises so that we can address the real guilt?

One popular idea today is that we need to learn to forgive ourselves. This is a nice idea but it is not biblical. Forgiveness is between two parties: (a) person to God; (b) person to person. Forgiveness is relational.

When you feel guilty:

- Confess – **1 John 1:9** – Honest, full confession.
- Repent – **Jeremiah 17:9** – own up to words and actions.
- Believe in God’s forgiveness – **Matthew 1:21** – **1 Peter 2:24** – believe what God has declared, receive his forgiveness.

Next Steps:

There are many silent killers that suck the life right out of us. Many of these are rooted in our not understanding who we are in Christ. Jesus tells us that there are serious consequence for unforgiveness. When we choose not to forgive we throw ourselves into a prison of our own making. Like everything else in the Kingdom, our power to forgive is rooted in our identity in Christ. We have all our needs met by Jesus. When someone mistreats us, they are treating us less than we deserve and that creates a reasonable sense of debt. However, finding all your worth in Christ frees you from living in that debt and allows you to live the life God meant for you to live.

This week, if guilt feels arise, remind yourself of confess – repent – believe.

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