

HEALTHY MIND



UNDERSTANDING AND DEALING WITH GUILT

BIBLICAL EXAMPLE – KING DAVID – 2 SAMUEL 11

King David tried to live with a burden of guilt from his sin but became depressed. He could not function properly due to the burden of guilt. His depression was getting worse. He suffered psychological pain due to his sin. This depression soon took a physical toll on him. His guilt finally drove him to God for relief. He found relief when he confessed his sin to God. He did not make excuses. Guilt is to the mind, like pain is to the body. Guilt is a sign there is a spiritual problem.

Guilt is a sign that something is wrong spiritually. Go to God for help.

THE REMEDY:

PSALM 32:3-5

When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. Selah I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," And You forgave the iniquity of my sin. Selah

PROVERBS 28:13

He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

1 JOHN 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Remember – confession is for Believers to be restored to Fellowship with God. Confession is not something for unbelievers to be saved or to be forgiven. Unbelievers must do one thing – put their faith in Christ that He died for their sins and rose again. The confession found in Romans 10:9 is that Israel as a nation must confess "Jesus is God" and believe in Him. The nation of Israel, in the past, rejected Jesus as the Messiah and said that he was just a man who was an imposter.

SMALL GROUP QUESTIONS FOR DEALING WITH GUILT - 3/20

As you read Psalm 32 – what did the guilt look like in David’s life?

How does not taking responsibility for our sins hurt us?

Do we often try to blame others for guilt?

If you do not deal with guilt what will happen?

Why does 1 John 1:9 emphasize confession of sin and NOT asking for forgiveness? Which one deals more with the sin, and which one might be someone trying to move on without really dealing with it? This confession of sin is something that believers do to get back into fellowship with God. This confession of SIN is not to restore salvation. It is only to restore fellowship.

If we confess our sins, what does God promise to do automatically?

What happened to David in Psalm 32:5 ?

If you have guilt in your life, what should you do?

Do you think there could be such a thing as false guilt? What would that be?

This is when you feel guilty even though you did not do something wrong.

What do you think false guilt comes from?

This can come from a focus on an overfocus on self and trying to be perfect or being too worried about what people are thinking. It can also come from not understanding God’s character as a loving Father and instead seeing Him as someone who is just out to get you if you do something wrong. You become more focused on NOT doing wrong than on Trusting him and walking with Him. It can also have a root in not understanding the complete forgiveness of Christ and feeling like you are a Christian on Probation instead of a child in a loving family. It can come from Satan who is just trying to condemn you and get you to give up. God allows guilt to correct you and show you that you need him. If you are not aware of any sin but feel guilty, ask God to show you if you have done anything that needs to be aware of and that you want God to make it clear. If there is nothing to be aware of then ask God to take away this feeling and that you are going to start ignoring it because it is not from God.