



The Baggage of Guilt

Warm-up

Have you ever physically hurt somebody on accident (ie. Slammed their hand in a door, step on their toe, etc.)? How did you feel after you did it? What did you do to help make the situation better?

The Word

Read **Hebrews 12:1**, **Matthew 11:28** and **Romans 8:37-39**. According to these verses how do you think God wants us to deal with our guilt?

2 Corinthians 5:17 says, *“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”* How does this verse help us deal with guilt that we may be carrying mistakes that we have made in the past?

Guilt can tend to cause us to isolate ourselves from God. According to **Hebrews 4:15-16** and **2 Corinthians 12:9-10**, what do you think God wants us to do instead of isolating ourselves when we feel guilty? Why do you think it is so important to run to God instead of trying to hide from Him?

We are going to take the rest of our time together today to discuss the benefits that God gives us when we get rid of our baggage of guilt.

1) We will change how we relate to others.

Read Philippians 2:1-3

According to these verses, how should we relate to others? Why is it so hard to put others first when you are living a life focused on guilt from past mistakes?

2) We will change how we relate to God.

Read Hebrews 12:2

Jesus gave us a great example of how to relate to our Heavenly Father despite of our guilt/shame. Why do you think God wants us to approach Him as children that He loves even when we are feeling guilt for things that we have done?

What can you do to gain the confidence you need to approach God as a child that He loves unconditionally?

3) We will change how we are used by God.

Read Psalm 18:31-35

When you are able to walk free of guilt, what does God begin to do through you?

Living a life free of guilt is not only for our benefit, but for the benefit of others. How does this mindset change how you will pursue a guilt free life?

What has been the most impactful part of this discussion to you? How will you begin to change as a result of what we have discussed today?

Prayer

Pray that each group member would seek to accept all that God has done for him or her to be relieved of baggage in their life. Take time to pray for the needs of the people in your group and for the new people God wants to send to your group.