



# DEALINGS WITH OUR FEELINGS

## *2. The Grip of Guilt*





worthless

Bad

Dumb

**HOW HAS GUILT AFFECTED YOUR LIFE?**

***How do you deal with the feelings guilt creates?***



A woman with dark hair is lying down, resting her head on her hands. She has a pensive or sad expression on her face. She is wearing a light-colored, long-sleeved top. The background is blurred, suggesting an indoor setting with soft lighting.

**WHY IS IT *HARD TO FORGIVE*  
*OURSELVES* BUT EASIER TO  
RECEIVE GOD'S FORGIVENESS?**





**WHAT DO YOU THINK  
IS THE DIFFERENCE  
BETWEEN GUILT, SHAME  
AND DEPRESSION?**

A person is seen from behind, holding a large black umbrella. They are standing in the rain under a dark, stormy sky with visible lightning bolts. The scene is moody and atmospheric, with the person's silhouette centered against the dramatic background.

# ***Grip of Guilt***


Every man is guilty of ***all he did not do.***

**Voltaire**

When you are guilty, ***it's not your sin you hate but yourself.***

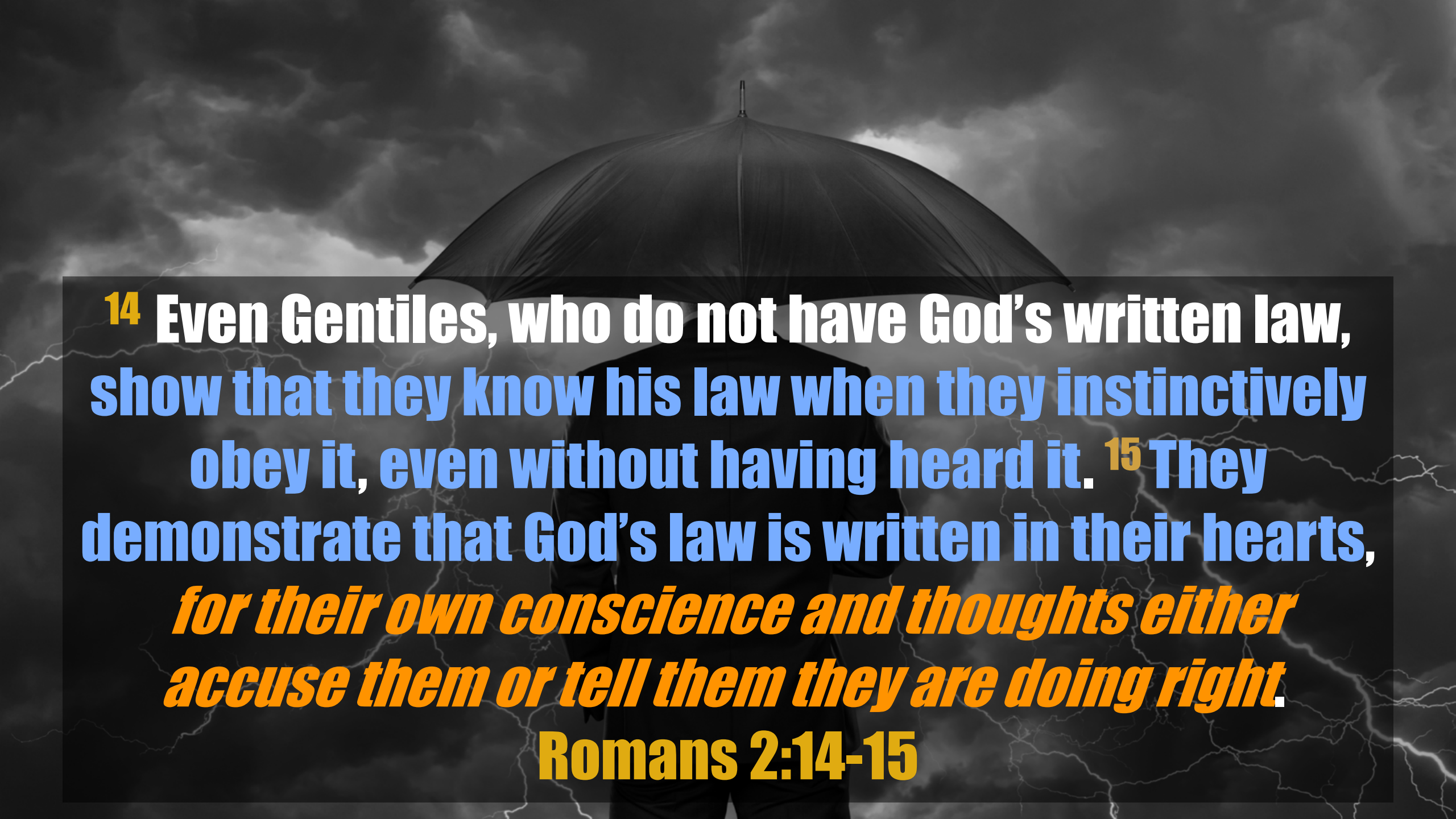
**Anthony de Mello**





**T1 GOD GAVE US A CONSCIENCE  
TO MAKE US AWARE OF SIN.**

***Romans 2:14-15***

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is somber and powerful.

**14** Even Gentiles, who do not have God's written law, show that they know his law when they instinctively obey it, even without having heard it. **15** They demonstrate that God's law is written in their hearts, *for their own conscience and thoughts either accuse them or tell them they are doing right.*

**Romans 2:14-15**

The background of the image is a dark, stormy sky with visible lightning bolts. In the center, a person is holding a black umbrella, their figure partially obscured by the text. The overall mood is somber and dramatic.

## ***Grip of Guilt***

The hardest thing about depression is that it is addictive. ***It begins to feel uncomfortable not to be depressed. You feel guilty for feeling happy.***

**Pete Wentz**

I get up and pace the room, as if I can leave my guilt behind me. But ***it tracks me as I walk, an ugly shadow made by myself.***

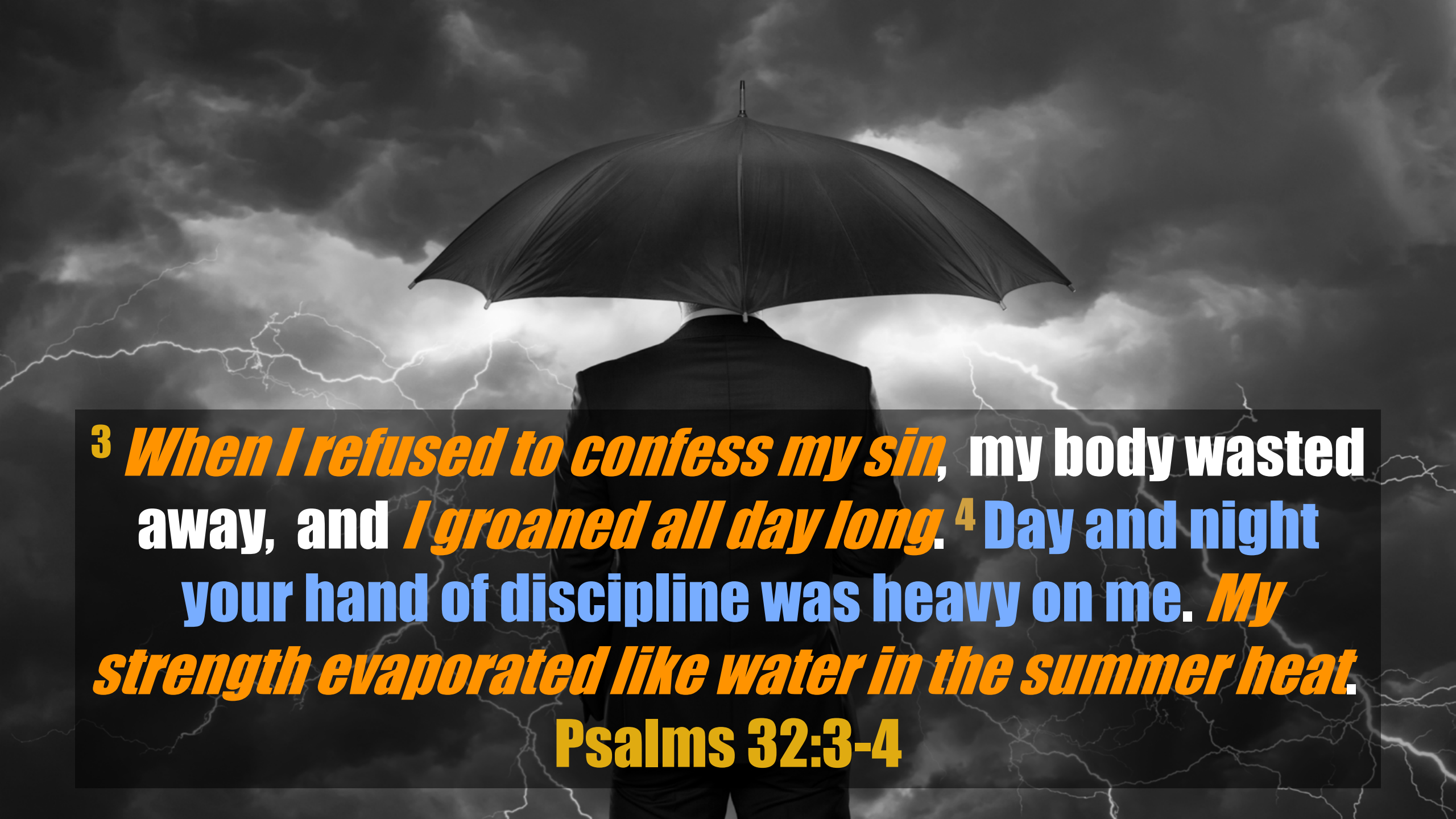
**Rosamund Lupton**





**T2 SIN AND GUILT DAMAGE US AND  
OUR FELLOWSHIP WITH GOD.**

***Psalms 32:3-5***



**<sup>3</sup> When I refused to confess my sin,** my body wasted away, and ***I groaned all day long.*** **<sup>4</sup> Day and night** your hand of discipline was heavy on me. ***My strength evaporated like water in the summer heat.***

**Psalms 32:3-4**





**5** Finally, *I confessed all my sins to you and stopped trying to hide my guilt.* I said to myself, “I will confess my rebellion to the Lord.” And **you forgave me! All my guilt is gone.**

**Psalms 32:5**

A person is seen from behind, holding a large black umbrella. The background is a dark, stormy sky with visible lightning bolts. The entire scene is framed within a dark grey rectangular area.

## ***Grip of Guilt***

Guilt, of course, is feeling bad about one's actions, but ***shame is feeling bad about oneself.***

**Gregory Boyle**

Most injuries heal in time, but ***guilt is a cancer that knows where to hide.***

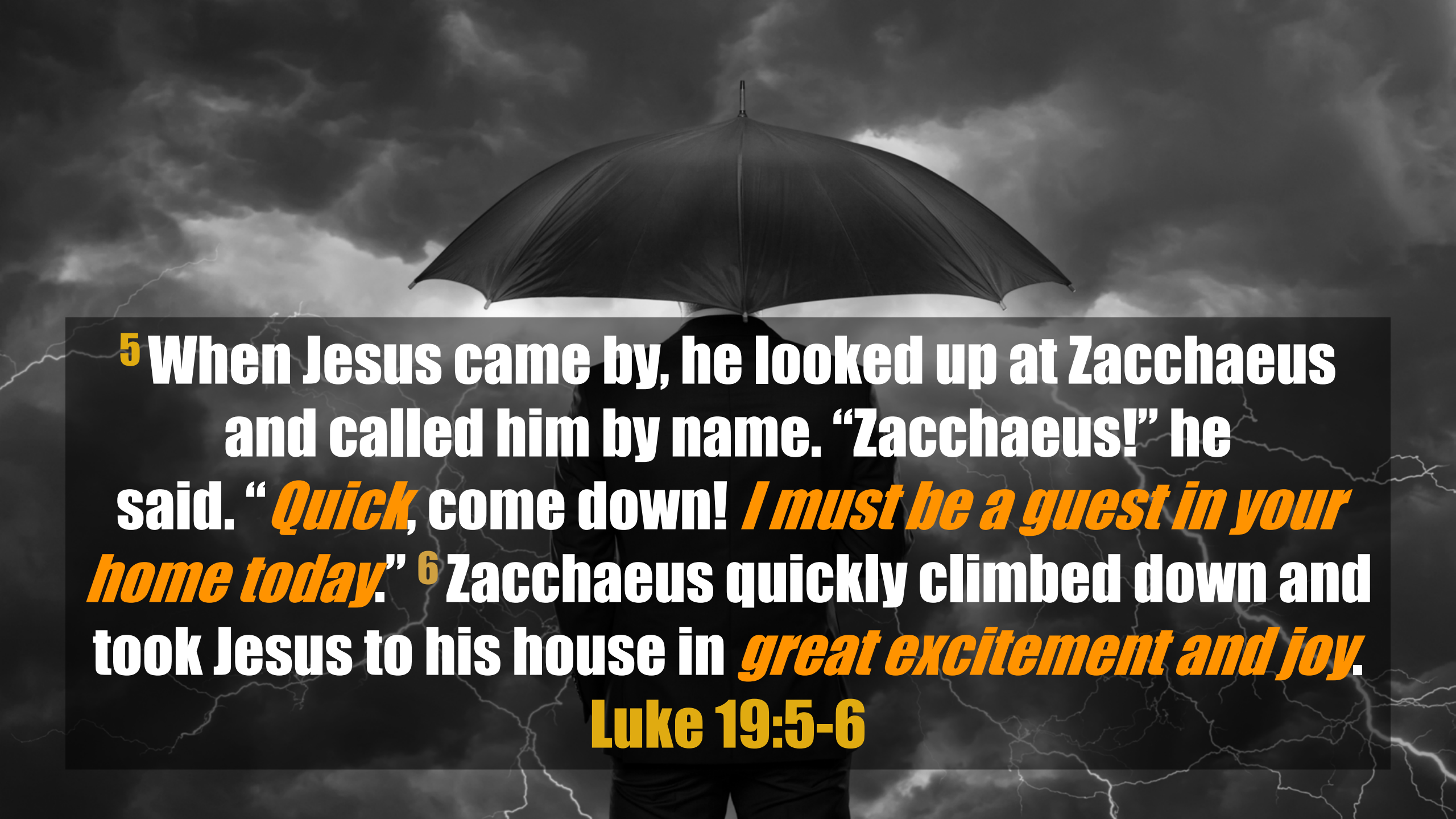
**RMA Spears**



A group of five young people are captured in mid-air, jumping joyfully on a sandy beach. They are seen from behind, with their arms raised high in the air. The person on the far left is a woman with long dark hair, wearing a green shirt and a patterned skirt. Next to her is a man in a yellow long-sleeved shirt and blue jeans, holding an acoustic guitar. In the center is a man in a pink and white checkered shirt and blue shorts. To his right is a woman in a yellow cardigan over a red shirt and a patterned skirt. On the far right is a man in a white long-sleeved shirt and blue jeans. The background shows the ocean and a cloudy sky. A semi-transparent dark grey banner is overlaid across the bottom half of the image, containing the text.

**T3** GOD'S ONLY REMEDY FOR  
SIN AND GUILT IS JESUS CHRIST.

***Luke 19:5-10***

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky filled with heavy, grey clouds and several bright, jagged lightning bolts. The person is wearing dark clothing, and the umbrella is fully open, covering their head and shoulders. The overall mood is intense and dramatic.

**5** When Jesus came by, he looked up at Zacchaeus and called him by name. “Zacchaeus!” he said. “*Quick*, come down! *I must be a guest in your home today.*” **6** Zacchaeus quickly climbed down and took Jesus to his house in *great excitement and joy.*

**Luke 19:5-6**

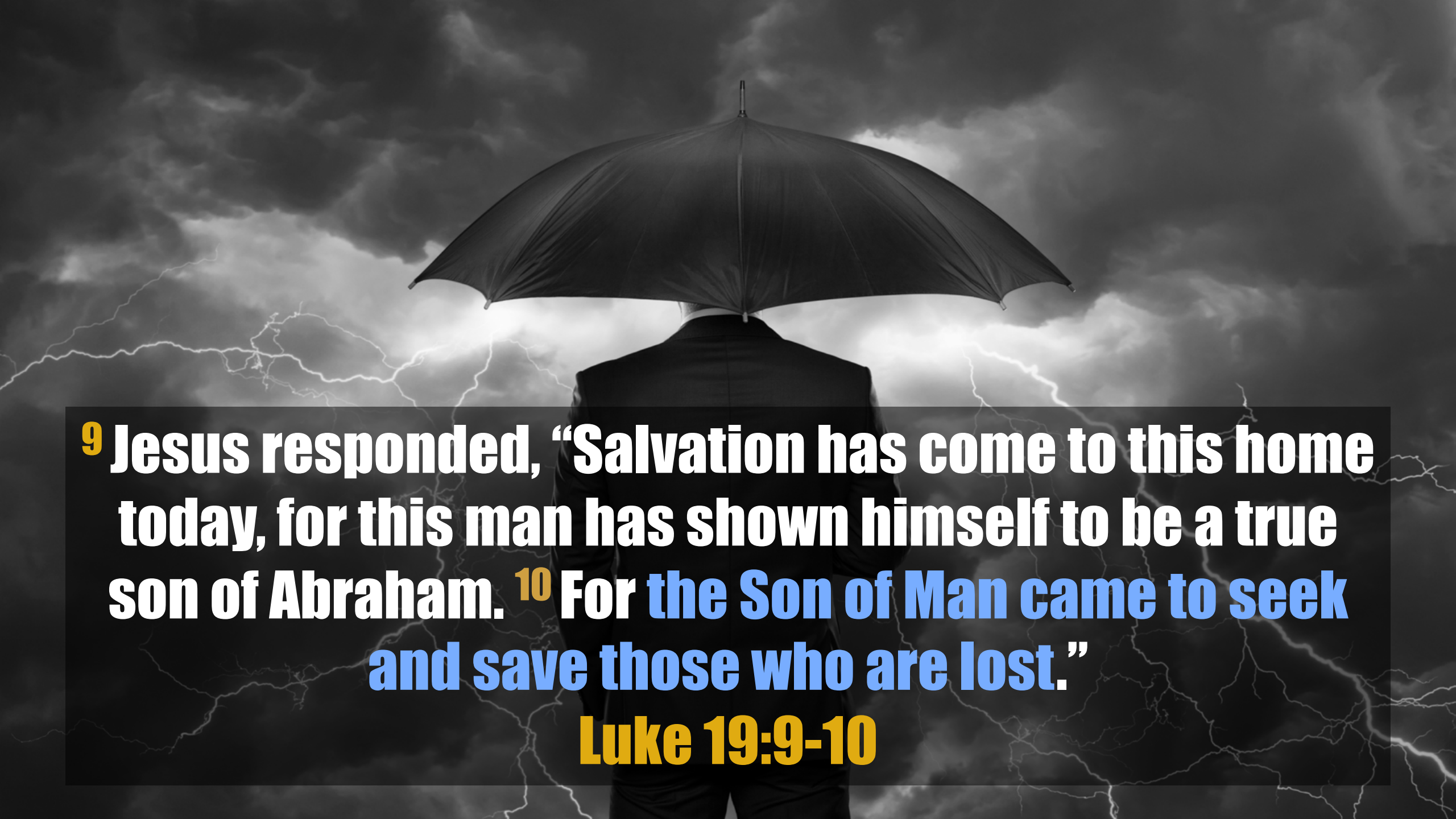




**7** But the people were displeased. “He has gone to be the guest of a *notorious sinner*,” they grumbled.

**8** Meanwhile, Zacchaeus stood before the Lord and said, “*I will give half my wealth to the poor*, Lord, and if I have cheated people on their taxes, *I will give them back four times as much!*”

**Luke 19:7-8**



**9** Jesus responded, “Salvation has come to this home today, for this man has shown himself to be a true son of Abraham. **10** For the Son of Man came to seek and save those who are lost.”

**Luke 19:9-10**





**WHAT'S THE GREATEST FREEDOM?**

*Financial? Emotional? Physical? Spiritual?*

**DO YOU FEEL GUILTY ABOUT SOMETHING  
SO BAD THAT YOU THINK GOD CAN'T  
FORGIVE YOU? *What have you learned  
about God's forgiveness?***

