

Feeling Guilty? Find Forgiveness in Jesus!

Genesis 3:1-13

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Three keys to overcoming guilt. Understand:

I. _____ is the nature of guilt?

GUILT (Webster's): "A feeling of deserving blame for offenses."

A. Two types of _____: Genuine & False

1. _____.

James 2:10 (LB) - "The person who keeps every law of God but makes one little slip is **just as guilty** as the person who has broken every law there *is*."

2. _____.

Hebrews 10:19-22 (NIV84) Therefore, brothers and sisters... 22 let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to **cleanse us from a guilty conscience**.

II. WHERE does guilt come from?

A. Wrong _____.

B. Wrong _____.

1. **GRACELESS** religion.

2. **UNACCEPTING** people.

3. **SECULAR** culture.

III. _____ do we deal with guilt?

Genesis 3:1-13 (Adam & Eve...)

"... they **sewed fig leaves** together and made something to cover themselves ...they **hid** from the Lord God ... I was **afraid** because I was naked'...' **she gave me fruit** from the tree..."

A. How _____ typically deal with guilt.

1. _____.

2. _____.

3. _____.

B. How _____ wants us to deal with guilt.

1. _____ **with God**. (Repent)

Acts 3:19 (NIV84) **Repent**, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Psalms 69:5 (NCV) "God, You know what I have done wrong. I cannot hide my guilt from You."

2. _____ **your NEED**. (Faith)

Hebrews 10:22 (NCV) Let us come near to God with a sincere heart and a sure faith, because we have been made free from a guilty conscience.

3. _____ **God's forgiveness**. (Believe)

John 1:12 (NIV84) Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.

John 3:16 (NIV84) For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:36 (NIV84) Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them.

IV. CONCLUSION: Cry out to Jesus before it's too late.

A. Agree. _____ . Accept.

Luke 7:50 (NIV84) Jesus said to the woman, "Your faith has **saved you**; go in **peace**."

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Discussion Questions:

1. Have you ever struggled or been confused by feelings of guilt? What did you do to deal with it? Explain why it did or did not help.
2. Why do you think God allows us to feel guilty about our sin? Is there anything positive that can come from these feelings?
3. Adam & Eve dealt with their guilt with despair, denial and defensiveness. What do you think would have happened had they humbly admitted their guilt to God?
4. God says we have all sinned (Romans 3:23). Have you come to a point in your life where you have agreed with God, admitted your guilt and accepted His forgiveness? If so, tell your story to the group. If not, why not?