

DEALING WITH GUILT

WHAT IS GUILT ?

“A feeling of remorse or self reproach because of a wrong or offence.”

Ref: Psalm 38:4

KINDS OF GUILT

False guilt

When we pay attention to what other people say.

Eg Apostle Peter

Ref: Gals. 2:11-14

Genuine guilt

When we offend God

Eg King David

Ref: Psalm 51

DEALING WITH GUILT

Our way

Trying to hide from God

Eg Adam and Eve

Ref: Genesis 3

God's way

Ref: 1 John 1:9

- **Confession**

“If we confess our sin.”

Confess to God

Confide in a friend.

Ref: James 5:16

- **Trust the character of God**

“God is faithful and just”

- **Accept forgiveness**

“He will forgive our sin and cleanse us from all unrighteousness”