**Jesus Requires Hard Things**

**Forgiveness is hard 5**

*The Burden of Guilt, time to forgive yourself?*

**Tell of a time in your childhood when you felt the burden of guilt.**

**Consider the following quote and discuss:**

Are you in an emotional battle because of guilt? Is your guilt a loving instrument of God used to convict, correct and conform your character when you go astray? Or do you battle feelings of shame and condemnation when guilt strikes a blow to your heart? True guilt is your friend, a godly companion who whispers truth and motivates you to repent and be free. But false guilt is a relentless foe. It is the enemy within that encourages not godly, but superficial sorrow that brings death!

*“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”*

*(2 Corinthians 7:10)[[1]](#footnote-2)*

**Is guilt always a negative emotion?**

**What are some examples of “false guilt”?**

**False guilt often results in 3 emotions, shame, fear, anger; Why are these emotions tied to false guilt?**

**Let’s consider an example: Genesis 3:7-13**

**Shame: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fear: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Anger: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Consider the chart on the other page “True Guilt/False Guilt” and discuss.**

**In contrast let’s look at True guilt: Luke 19:1-10**

**Consider for a moment and spend some time in prayer about any guilt you may be experiencing.**

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| **True Guilt** | **False Guilt** |
| *“When he, the Spirit of truth, comes, he will guide you into all truth.”**(John 16:13)* | *“For the accuser of our brothers [Satan], who accuses them before our God day and night, has been hurled down.”**(Revelation 12:10)* |
| • Based on Fact | • Based on Feelings |
| “I was wrong to take paper and other office supplies home for my personal use. This is actually stealing.” | “I feel horrible … because I am horrible for wanting something that isn’t mine, much less thinking about taking it. How could I sink so low as to even consider using work supplies at home!” |
| • Results in a Godly Sorrow over Sin | • Results in a Worldly Fear of Consequences |
| “My failure to be honest makes me aware of how much I don’t reflect the character of Christ. Dear God, I want to change. I am heartsick over bringing shame to my Savior.” | “I should have worked all weekend to make up for slacking off all week. Now my employer may decide to fire me. If only I’d accomplished more, I wouldn’t be in this predicament. What am I going to tell my wife if I lose my job? How am I going to pay my bills?” |
| • Brings Conviction from the Holy Spirit | • Brings Condemnation from Satan |
| “I now see that my attitude was wrong in assuming that the company owed me what I took.” | “I am a terrible person for feeling anger at my employer.” |
| • Results in Repentance | • Results in Depression |
| “I want to be a person of integrity. I will make restitution at work and pray for the Lord’s strength to change my dishonest habits.” | “I might as well give up! I’ll never be the kind of person I should be. I’m just no good, and nothing will change that. I’m truly hopeless.” |
| • Accepts Forgiveness | • Abides in Self-pity |
| “I am thankful that I have a heavenly Father who will always forgive me, no matter what I have done.” | “I’m always trying to do my best, but I just don’t have all the advantages that others have. If I had a better paying job, I wouldn’t have to resort to taking things.” |
| • Appropriates Christ’s Finished Work | • Achieves Many Personal Good Works |
| “Only by relying on Jesus Christ to meet my needs and His redeeming work within me will I be able to be the person I was created to be.” | “The more I do for the church and others, the better I feel about myself and the more others will respect me.” |
| • Brings Reconciliation with God and Others | • Brings Alienation from God and Others |
| “Knowing that God always loves me allows me to be more loving and forgiving of others.” | “God could never love me. If I let others get too close and see what I am really like, they will reject me. I can’t count on anyone except myself.” |

1. Hunt, J. (2008). [*Biblical Counseling Keys on Guilt: Living Guilt Free*](https://ref.ly/logosres/bckguilt?ref=Page.p+1&off=96&ctx=t+Free%0aby+June+Hunt%0a~Are+you+in+an+emotio) (p. 1). Dallas, TX: Hope For The Heart. [↑](#footnote-ref-2)