

FOOD FOR THOUGHT *(continued)*

5. How would you assess your own life in terms of the guilt you're experiencing? In what ways might you need help in this area?

6. Why is it necessary to confess to other people? In what ways do you find that helpful? In what ways is that challenging?

7. Read this verse:

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1:8-9

What encouragement do you find in these verses? Is there ANYTHING for which you believe God would NOT forgive you? (Now read the verses again!)

8. Read **Romans 8:31-39** and ask God to remind you of his love and forgiveness each day this week!

MESSAGE NOTES

Emotional Health // Week 1

You cannot be spiritually mature & remain emotionally _____.

MEMORY VERSE:

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

As a face is reflected in water, so the heart reflects the real person. Proverbs 27:19

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of the heart the mouth speaks. Luke 6:45

Guilt says, "_____".

Just as the rich rule the poor, so the borrower is servant to the lender. Proverbs 22:7

We can either _____ it or have it _____.

Come now, let us argue this out. No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow, even if you were stained as red as crimson. I can make you as white as wool. Isaiah 1:18

The way to clean out guilt is through _____.

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1:8-9

We confess to God to experience forgiveness. We confess to others to experience _____ and _____.

Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. James 5:16

So if you are presenting a sacrifice at the altar in the Temple & you suddenly remember that someone has something against you, leave your sacrifice there at the altar. God and be reconciled to that person. Then come and offer your sacrifice to God. Matthew 5:23-24

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. Proverbs 28:13

