



FROM THE BIBLE
Romans 8:1-3 (NLT)
John 10:10b (NIV)
1 Peter 5:7 (NLT)
Matthew 5:21-22 (NLT)

MESSAGE TO CONVERSATION GUIDE

Week 1 | Haunted By Guilt

1. In this message, Joel started out by telling a story about how he drank his wife & his daughter milkshake on vacation & then he had food guilt. Have you ever planned on *not* eating something but you caved & then felt guilty & regretted it later? What food is your biggest temptation to cave in?
2. This message was about being haunted by past guilt. How can past guilt haunt us today?
3. Read John 10:10 & discuss this quote...*guilt wants to HAUNT your life but Jesus came to GIVE you life.*
4. Joel clarified that not all guilt is bad. We broke it down this way, *guilt about the PRESENT is God trying to guide you to give you life...guilt about the PAST is the enemy trying to gut you & take your life.* Discuss that statement.
5. Guilt has this way of saying...*that's what you did, so that's who you are.* To contrast that, read Romans 8:1 & discuss how guilt isn't our real identity.
6. Reflecting on Romans 8:1, if you truly believed that there's no condemnation for your past, present, or future if you're a Jesus follower...how would that impact past guilt that you carry?
7. In this message, Joel said, we normally are our biggest critic & showed a clip of Jim Carrey beating himself up in the movie Liar, Liar. In what areas can we be our own biggest critic?
8. Read Romans 8:2 & 1 Peter 5:7. How can these verses encourage us when guilt haunts us?
9. Joel ended this message by reminding us that if we're a Jesus Follower, we should imagine God saying to us, *when I see you, I don't see THAT...and I don't want you to see it either!* He also quoted a line from the song *How He Loves* where it says, *I don't have time to maintain these regrets when I think about the way you love me.* How do those words & how did this message help you reframe guilt that haunts you?