For whenever our heart condemns us, God is greater than our heart and He knows everything.

Satan is a liar and a condemner. I realize that there are times when we should yield to the convicting work of the Holy Spirit and be quick to confess sin that we are guilty of. I also realize that there are times when Satan condemns us for things we may have already confessed or things that were not wrong, and we can become filled with a false sense of guilt. God knows everything! When you are wondering if you are under conviction by the Holy Spirit or carrying around false guilt, ask God to show you. He knows your heart; He knows everything.