



Read Psalm 139:1-4, Luke 12:2-3 and Psalm 51:6.

2. God knows all the secrets hidden deep within our hearts. Since that is so, is there anything that you can hide from Him?

3. What ultimately will happen to the secrets of our heart?

4. What is the first step in getting past your past according to Psalm 51:6?

Read Psalm 32:3-5, and Proverbs 28:13.

5. In each verse, list the negative ways of dealing with guilt and shame. What are the results of employing those methods?

6. In each of these verses, what are the positive ways of dealing with guilt and shame. What are the results of employing these positive methods?

Read 1 John 1:9 carefully.

7. Is there any sin that God will not forgive? If so, what and why?

8. What must we do to obtain certain forgiveness? (see also Acts 20:21 and Romans 7:21-8:2)

9. Once guilt is confessed and repented from, how does God see our guilt? How does he see us? (Ps 103:11-12, 2 Corinthians 5:21)? How should you treat your past according to Philippians 3:12-14?

10. There is real guilt and false guilt. How can you find discernment to know the difference according to James 1:5, 5: 16, and John 8:31-32?