



Welcome to Teen Church at RFBC!

Sunday, October 1, 2023



Prayer and Preparation

Announcements

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Scripture in Response 1 John 1: 5-10 – NIV

Leader: This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

Congregation: If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth.

Leader: But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Congregation: If we claim to be without sin, we deceive ourselves and the truth is not in us.

Leader: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

All: If we claim we have not sinned, we make him out to be a liar and his word is not in us.

We've been talking about wisdom...

But this week, we will shift our focus to a series that will take us through ways our hearts can be "haunted."

THE HAUNTED HEART





Example/Activity



Bottom Line:

GUILT WILL HAUNT
YOUR HEART.

(I OWE ME.)



Question

Have you ever experienced an outburst before?

It's important to know where it comes from — the heart. This is one reason why the scriptures say we should guard our hearts “above all else.” *ref Proverbs 4:23

Before we start our new series on the heart, I want to first lay a foundation for where we will go the next few weeks.



There are four ways our hearts are "haunted" and each is based on *debt*:

Guilt is when I
owe you.

Anger is when
you owe me.

Greed is when I
owe me.

Jealousy is when I
think God owes
me.



This is a crucial series. This week we want to look at guilt.

Foundation
for this
series...

What does the Bible say? Genesis 3: 1-8 CEV

(Please read Genesis chapters 1 and 2 for background.)

3:1 The snake was sneakier than any of the other wild animals that the Lord God had made. One day it came to the woman and asked, "Did God tell you not to eat fruit from any tree in the garden?"

2 The woman answered, "God said we could eat fruit from any tree in the garden,

3 except the one in the middle. He told us not to eat fruit from that tree or even to touch it. If we do, we will die."

4 "No, you won't!" the snake replied. **5** "God understands what will happen on the day you eat fruit from that tree. You will see what you have done, and you will know the difference between right and wrong, just as God does."

What does
the Bible say?
Genesis 3: 1-8
CEV

6 The woman stared at the fruit. It looked beautiful and tasty. She wanted the wisdom that it would give her, and she ate some of the fruit. Her husband was there with her, so she gave some to him, and he ate it too.

7 At once they saw what they had done, and they realized they were naked. Then they sewed fig leaves together to cover themselves.

8 Late in the afternoon, when the breeze began to blow, the man and woman heard the Lord God walking in the garden. So they hid behind some trees.



What does
this mean for
us today?

What does this mean for us today?

When we experience guilt, a few behaviors will show up in our lives:

- Manipulation: to keep our shame hidden
- Separation: to keep distance from those we owe something

How do we apply this?

How do we deal with guilt?

Confession



What does the Bible say?

Psalm 32: 5

CEV

So I confessed my sins
and told them all to you.
I said, "I'll tell the LORD
each one of my sins."
Then you forgave me
and took away my guilt.

NIV

Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the LORD."
And you forgave
the guilt of my sin.



Application...

How do we deal with guilt? Confession.

- Confessing your guilt to God grants you forgiveness.
- Confessing your sin to another person grants you healing.
- 1 John 1:9 CEV: But if we confess our sins to God, he can always be trusted to forgive us and take our sins away.
- James 5:16 CEV: If you have sinned, you should tell each other what you have done. Then you can pray for one another and be healed. The prayer of an innocent person is powerful, and it can help a lot.



How do we respond?



How do we respond?

You have been carrying around the weight of guilt and the burden of strained relationships. Come to the altar today so we can pray with you; confess your guilt before God and close the gap that has come between you and Him.



Discussion...

1. Have you ever had an outburst that wasn't like you before? Share the story.
2. In what ways have you seen separation creep into your life when guilt was involved?
3. How have you closed the gap in these strained relationships?
4. What can you do this week to alleviate guilt and build a greater relationship with God?



Release yourself from guilt.



Remember God is a forgiving God.



Confess your sins and guilt to God, he will forgive you.



God is caring--He will take care of your heart.

So...

Altar Prayer
Call to Discipleship
Benediction
The Lord' Supper