



WELCOME TO
"STARTING POINT"
Laying The Foundation For Growing In Christ

SESSION FIVE: DISCOVERING GUILT-FREE LIVING

"Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1

QUESTIONS:

Why does God forgive? How do I handle my guilt?

INTRODUCTION:

Although we know that we can live this new life, there will be times when we sin against God in attitude and/or action. When this happens our accuser will be right there saying, "You keep doing this! How many times do you think God is going to forgive you? He is not going to forgive you this time!"

We know He will, but

Why does God forgive?

There are three reasons:

1 . Because He is a _____ God.

"You are forgiving and good, O Lord, abounding in love to all who call to you." Psalm 86:5

2. Because Christ paid for our _____ and for all.

"But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed." Isaiah 53:5,6

3. Because Christ's _____ satisfied God.

"In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace." Ephesians 1:7

"This is love: not that we loved God, but that He loved us and sent his Son as an atoning sacrifice for our sins. " 1 John 4:10

But, when I do wrong, I feel guilty.



How do I handle my guilt?

1. Admit you have done _____.

"For day and night your hand was heavy upon me; my strength was sapped as in the summer. 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." Psalm 32:4,5

"The voice of the Lord strikes with flashes of lightning." Psalm 29:7

2. _____ what you did.

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy." Proverbs 28:13

3. Refuse to _____ in your guilt.

"He does not treat us as our sins deserve or repay us according to our iniquities ... as far as the east is from the west, so far has He removed our transgressions from us." Ps. 103: 10,12

"Then He adds: 'Their sins and lawless acts I will remember no more.' " Hebrews 10:17

4. Recognize your restored _____ with God-

"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

"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." 1 John 1:7

Perhaps through this session you have become aware of an area of your life you need to confess and renounce before God.

1. Write down the area _____.

2. Right now confess it to God. _____ Done

**STARTING POINT
GROWING IN CHRIST STUDY
SESSION # 5**



CASE STUDY: #1:

I lied on my job application about my academic credentials. I said I completed college, but actually I still had one year to go. I confessed my lying to the Lord, but I still feel guilty.

Case Questions:

1. Is this person experiencing true biblical guilt? Explain your answer.

2. Using the information in this session, how would you counsel this person concerning their guilt?

**STARTING POINT
GROWING IN CHRIST STUDY
SESSION #5**

CASE STUDY: #2:

I feel guilty when I don't meet other people's expectations. For example, my mother called and wanted my family and I to visit her in Chicago during Thanksgiving. Next day, my mother in-law asked us to visit her in Phoenix. I felt we needed time together as a family, here in California. So I said "no" to both. They were annoyed and I felt guilty.

Case Questions:

1. Is this person experiencing true biblical guilt? Explain your answer.

2. Using the information in this session, how would you counsel this person concerning their guilt?
