

REFLECT

1. When is guilt a good thing in one's relationship with God?
 - When is it a bad thing in one's relationship with God?

2. Private confession and absolution with the pastor used to be a common practice in the Lutheran church.
 - Why do you think this practice has disappeared in recent years in the Lutheran church?

 - How can private confession and absolution be a powerful experience for a Christian?

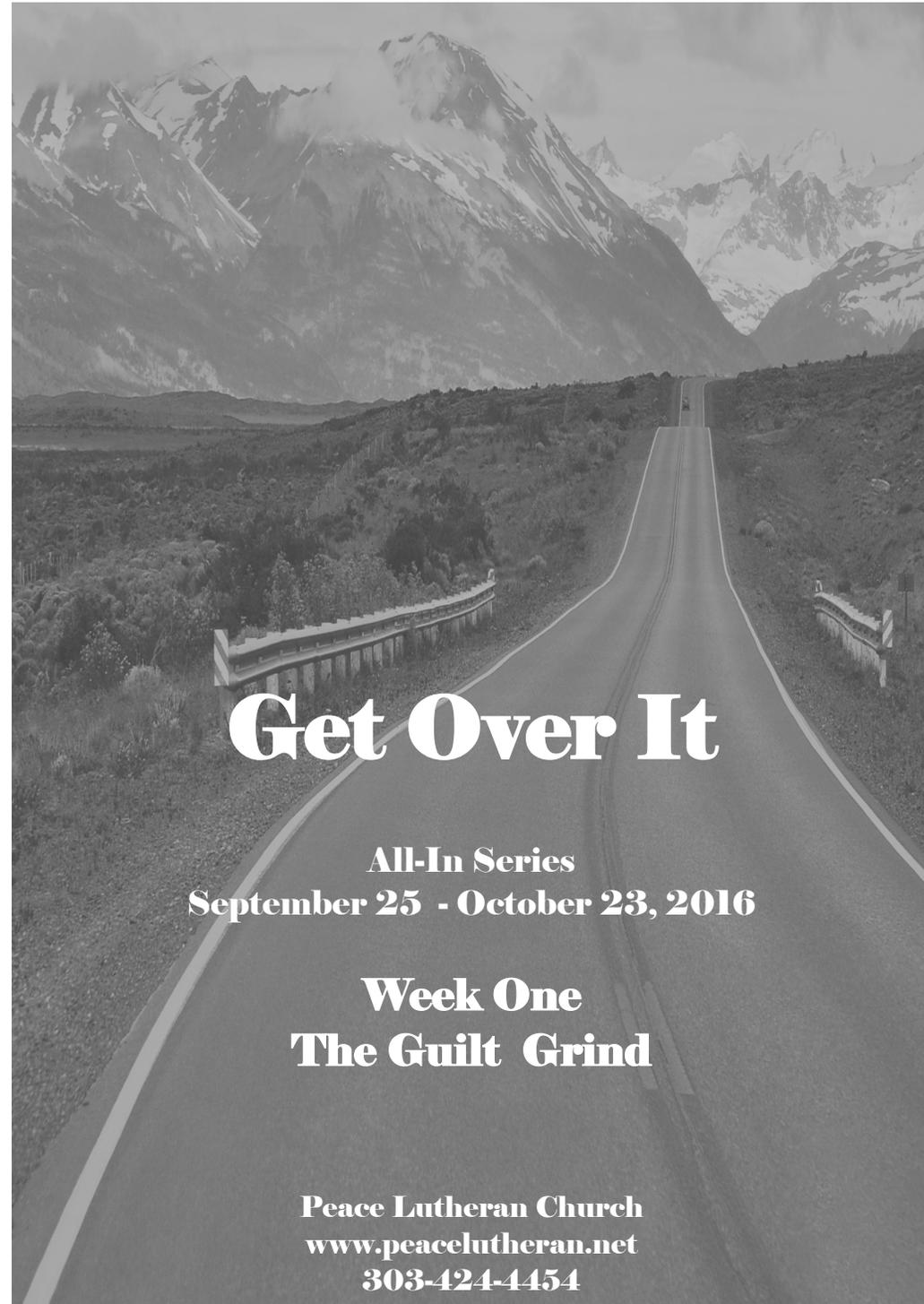
3. Most churches today do not practice a time to confess your sins and to hear the word of forgiveness for the pastor in worship.
 - Why do you think the Lutheran church has retained this ancient practice in worship?

 - Is it an important part of worship for you?

 - Why or why not?

4. At times, all of us struggle with whether God really forgives us.
 - What can help us be assured that God really does forgive our sins for the sake of Christ?

Action Item: If you are struggling with guilt in your life, schedule an appointment with a pastor or talk with trusted Christian friend. God's forgiveness is for you!



Get Over It

All-In Series
September 25 - October 23, 2016

Week One
The Guilt Grind

Peace Lutheran Church
www.peacelutheran.net
303-424-4454

The Guilt Grind

(some comments taken from Chuck Swindoll's article:
Getting Past Guilt)

OPEN

Everyone deals with guilt in their own way. Some people ignore it, some rationalize it (their sinful choices), and yet others are so overwhelmed by it, they medicate it or drink it away.

- What is the most common way people deal with guilt?
- What do you do when you feel guilty?
- What are some reasons people hang on to their guilt?

DIG

Often people don't really embrace God's love and forgiveness to deal with their guilt. Here are some reasons why—based upon the Word. Read these reasons and then discuss the questions based on the Word.

Reason #1

What I've done is too bad. I know that God is forgiving, but I cannot be forgiven for this.

- What does Acts 2:21 say about this attitude?

The truth is that our sin is no worse or better than the rest of humanity's. All sin is evil in the Lord's sight. Yet Christ's death is sufficient.

- What does Hebrews 7:24-25 say about this sufficiency?

Reason #2

I must punish myself for my sin to be forgiven.

It is true that our sins deserve terrible punishment, which Christ endured for us. It is not true that we must add our own punishment to Christ's. Our forgiveness came at a very high cost to our Lord and this cost is sufficient to pay for what we have done.

- What does 1 John 1:7 say about this cleansing?
- How is this verse helpful for you to share with someone who says they need to be punished for their sin?
- How are Jesus' words from the cross, "It is finished!" comforting for all of us?

Reason #3

I know that God forgives me, but that doesn't matter, I cannot forgive myself.

We are the offenders; God is the one who has been wronged, since our sin is rebellion against Him. By focusing on forgiving ourselves, we have taken the spotlight off God and pointed it at us—making it doubly difficult to let go of our sin! He has forgiven us! That means releasing those sins we want to hold on to, refusing to revisit them in our minds, and allowing the truth of our forgiveness to cover us with His peace. Absolution from the Lord is far more powerful than absolution from oneself.

Discuss the above paragraph.

- What strikes you?
- What makes you think?
- What challenges you?