

“Understanding & Managing Your God-Given Emotions”

Bible Class: October 29, 2018

***DEALING WITH GUILT #1***

***Point to Ponder: Perhaps one of the biggest reasons so many of God's children are living defeated lives, is because of guilt. Guilt is one of Satan's biggest weapons against us.***

***Weekly verse to remember: 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***

1. *If I am supposed to feel guilty when I sin, why do I sometimes feel happy or enjoy when I am sinning? (Explain & Provide scripture reference.)*
2. *How would you define “Guilt”?*
3. *What are the two forms/types of “guilt” listed in the bible? (Explain & Provide scripture reference.)*
4. *How is “guilt” cultivated and nurtured? Explain.*
5. *Is there a difference in “shame” and “guilt? If so, please explain.*
6. *Based on Revelation 12:10, how is Satan involved in our “guilt”? Explain.*
7. *How does Ecclesiastes 7:20 relate to humans being “guilty”?*