Warm Up:
What was the last thing you ate that made you feel guilty?

Main Thought:
The first attack of the heart is guilt. Guilt is the result of having done something we perceive as wrong. The message from a heart filled with guilt is, “I owe!” We owe because we have taken something and now there is a debt. We often try to deny it, ignore it, or even try to do better because of it. Nothing less than paying that debt will relieve a guilty heart of its burden.

How do we get our guilt canceled? Confession has the power to break the cycle of sin. It begins with confessing our sins to God, then to others, and to the people we’ve sinned against. Guilty people have secrets, and confession brings to light what has been kept in the dark. Biblical confession is always connected to a lifestyle change; not just conscience relief. As we confess both to God and others, we will rid our heart from the attack of guilt.

Main Passages:
“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)

“And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” (James 5:15-16)

“This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.” (Matthew 5:23-24 MSG)

Scripture Exploration:
• What stood out to you from the main thought and passages? Why does confession of sin involve interaction with others?
Personal Reflection:
● From your own experience, how does unresolved guilt typically affect a person?
● When in your life have you confessed to someone you’ve wronged? What feelings did it surface in you and in that person?
● Are you carrying any guilt around with you? Is there anything that you need to confess?

Active Application:
There are three steps to free ourselves from guilt:
1. Confess to God in repentance.
2. Confess to others for accountability.
3. Confess to the person we have sinned against.

● What practical step will you take to fully experience God’s forgiveness and be freed from guilt?

Prayer Points:
● Pray for one another to be healed from guilt.
● Pray for the courage to make things right with those we have hurt.
● Pray for one person far from God.

Upcoming Event:
We will be hosting the Global Leadership Summit on Thursday, August 10 and Friday, August 11, 2017. Use promo code: PHS17TEAM for all Pearlsid members to receive the discounted price of $89.