“Guilt Trip”
Part two of the series: “Heart Attack”
Sunday, June 11, 2017 • Pastor Kalae George

Guilt is the result of having done something wrong.
Guilt says, “I owe.”

Guilt is connected to secrets, and this becomes a burden we carry.
“When I kept it all inside, my bones turned to powder, my words became
daylong groans. The pressure never let up; all the juices of my life dried up.”
(Psalm 32:3-4 MSG)

Confession breaks the power of guilt from our heart.
● Confess to 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)

● Confess to others
  “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 5:16)

● Confess to those we’ve hurt
  “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)