



## Session IV: Getting a grip on guilt

*How many things can you think of that are both good and bad? For example, fire.*

Thoughts about worry (review and continued from last time)

- Worry is *irreverent*
  
- Worry is *irrelevant*
  
- Worry is *irresponsible*

Think about three P's related to legitimate "worry"

- \_\_\_\_\_
  
- \_\_\_\_\_
  
- \_\_\_\_\_

Guilt—not necessarily a bad thing, but...

- The constructive voice of conscience (2 Cor. 7:10; Ps. 32:5)
  
- The destructive voice of accusation (Rev. 12:10)

Two ways guilt tends to hit us hard

- As parents
- “Achieved” self vs. “potential” self (Luke 12:48)
- Approaching the “throne of grace” (Heb. 4:11-16)

Practical advice: Feelings of guilt need to be brought into \_\_\_\_\_.

- Step one: \_\_\_\_\_ your feelings
- Step two: Determine your \_\_\_\_\_
- Step three (if necessary): Accept the \_\_\_\_\_ and seek \_\_\_\_\_

But what if...