

## Hope Chapel Series - *Living Beyond Our Setbacks*, Part 3

**Message Summary:** Guilt can be a very real and damaging barrier to move beyond. As a pastor, I have talked to countless people who struggle with guilt. Guilt is part of the human condition and a common struggle. Guilt is powerful and controlling in our lives. It hinders our relationships – keeps us from giving and receiving love – It even negatively effects our health. God doesn't want His followers controlled by guilt. He wants you living beyond it. Follow us today as we answer the question, HOW?

# Living Beyond Guilt

## 1. Recognize some guilt is good

A. Guilt happens when we violate our conscience - 1 Timothy 1:19

B. Guilt comes from the Holy Spirit - John 16:8

## 2. Unresolved guilt is destructive

A. Living in our guilt is destructive - Psalm 38:4

B. Our ongoing struggle with sin can be destructive - Romans 7:21-25

## 3. Follow God's path beyond your guilt

A. Jesus created the pathway beyond our guilt - Colossians 2:13-14

B. How do we follow Jesus beyond our guilt?

- Receive Jesus
- Develop the habit of confession - 1 John 1:9
- Receive His forgiveness – His unfailing love for you daily

## LifeGroup Questions:

**BEGIN IT** – (5min) Praise song and opening prayer.

**OPEN IT**- (10min) Share about your own journey and struggle with guilt. (You don't have to be transparent about any personal failures but try to be transparent with the emotions of how you feel.)

**EXPLORE IT**- (60min) Follow Sunday's sermon outline together and add addition notes people made about the message.

1. Describe the good part of guilt. How does the Holy Spirit function in this?
2. Discuss how unresolved guilt can be destructive. Discuss Romans 7 and our struggle with sin and how this contributes to our guilt.
3. How is our path living beyond guilt rooted in Jesus?
4. Why is the habit of confessing our sin so important? Why is this a positive behavior not a negative one?

**APPLY IT**- (15min) Are you receiving God's love and forgiveness upon your life? This is so often the missing element to living beyond guilt.