



To Be Honest: Part Two: Guilt Trip

Introduction

When we fail to measure up to a set of standards, we feel guilt. When we fail to measure up to God's standards, it can drive a wedge in our relationship with him. But resolving the guilt we feel when we think we have disappointed God is simpler than we believe. It requires honesty.

DISCUSSION QUESTIONS

What part of Sunday's message stood out to you? Was there anything you disagreed with or that encouraged you?

"To be honest to God about your guilt, invites help from God with your guilt."

How have you observed how guilt affected relationships?

Read: Psalms 32:3-7; 51:1-4

Context: *Throughout this series we have looked into the personal journal of a famous King in the history of the Jewish nation of Israel. He was the second King, in the first week we said he was famous for a number of things. Giant slayer, conqueror etc. He also had an affair with one of his general's wives and ended up having his general killed in order to cover it all up. A prophet confronted him and David confessed his sin. He actually wrote down his prayer in Psalm 51.*

- What happened when David did not confess his sin? What did guilt do to him?
- What did God do when David confessed his sin?
- What does it look like to experience God's forgiveness in these verses?
- What truths about the character of God did David believe when he confessed his sin to God in Psalm 51?
- Why do we not like guilt? What excuses do we make or do we see others make?
- On Sunday, Jason said, "You can get rid of guilt, when you are willing to be honest about your guilt." What does honesty look like?
- Jason also said, "To be honest to God about your guilt, invites help from God with your guilt." How is guilt preventing you from connecting with God? What kind of help does God sweep in with when we are honest about what we've done?
- Jason finally said, "To be honest with God about your guilt allows you to experience the relief of forgiveness." What steps can we take this week to experience this forgiveness? How can this group help you?

MOVING FORWARD

Is your relationship with God currently limited by feelings of guilt? You need to come clean to your heavenly Father—not to be clean, but because of Christ, you're already clean. Being honest with God about your guilt allows you to experience the gift of grace.

LIVE IT OUT

Memorize: Psalm 32:7

Journaling: Journal about the contrasting results of guilt and confession in the 2 sections of Psalms you talk about in group.

Prayer: Take some time this week, to be honest with God about your guilt. Confess your sins and ask him and others for his forgiveness.

Accountability: Be honest with an accountability partner who will then hold you accountable for being honest with God.