



Guilt Trip – Bad Guilt

DISCUSSION QUESTIONS: (Page 1)

TRADITIONAL MODEL:

As we continue the conversation about guilt, what do you think you are learning from Becca Johnson's definition of guilt?

"Guilt is an emotional response to the perception that we have broken a rule, or fallen short of a standard." Good Guilt, Bad Guilt. 1996. Becca Johnson

Do you think there are two kinds of guilt, good and bad? Why?

In your opinion, what are the differences between guilt and shame?

What do you think the following verses say about guilt?

- Genesis 8:21b
- Jeremiah 17:9
- Ecclesiastes 3:1
- Romans 7:14-15?
- Romans 8:1

How would you explain God's grace to someone?

How can we become grace givers rather than grace killers? How did Jesus model grace?

What steps can you take to avoid the bad kind of guilt?



DISCUSSION QUESTIONS: (Page 2)

CONTEMPLATIVE MODEL:

What are you learning about God from this message?

What are you learning about yourself from the message?

What questions does this message bring up for you?

What is God doing in your heart lately?

What things do you feel are getting in the way from what God wants to do in you?

What is the biggest thing causing you concern these days? (something to pray about)



Leader Guide Bad Guilt – Egypt McKee

Though most of us love going on trips, the one we'd just as soon avoid is the guilt trip. Guilt can be a negative energy taking us to the darkest place, or it can trigger the positive changes we really need. Our four-week Guilt Trip series is about learning to avoid bad guilt and utilizing good guilt for positive change.

A working definition for guilt:

"Guilt is an emotional response to the perception that we have broken a rule, or fallen short of a standard."

Good Guilt, Bad Guilt. 1996. Becca Johnson, Christian Psychologist

See that guilt:

- 1) Is an *emotional* response.
- 2) Is based on *perception*.

Which means:

- 1) You can feel guilty and not be
- 2) You can be guilty and not feel so

Most of us have an unhealthy view of ourselves.

"A good thing is not a God thing until God assigns that good thing to you!"

Guilt is also:

- a) The *Spiritual Condition* of our life apart from a *Personal* relationship with Jesus Christ.
- b) The condition of one who breaks the law.

[1] FIRST STEP.

Setting your foundation

- 1) Never forget the reality of your humanity.
 - a. We are all born with evil, God-hating hearts. **Genesis 8:21b**, *"every inclination of the human heart is evil from childhood."*
 - b. **Jeremiah 17:9**, *"the heart is deceitful and wicked above all things, who can know it?"*



Our perspective is constantly adapting to the influences from:

- Other people
- Our values and convictions
- Temptations
- Moods

Bad guilt results in all kinds of bad decisions

Ecclesiastes 3:1, *“There is an occasion for everything and a time for every activity under heaven: a time to give birth and a time to die; a time to plant and a time to uproot; a time to kill and a time to heal; a time to tear down and a time to build; a time to weep and a time to laugh; a time to mourn and a time to dance; a time to throw stones and a time to gather stones; a time to embrace and a time to avoid embracing; a time to search and a time to count as lost; a time to keep and a time to throw away; a time to tear and time to sew; a time to be silent and a time to speak; a time to love and a time to hate; a time for war and a time for peace.”*

[2] FAITH > FEAR.

Getting beyond the false evidence appearing real

Remember where you came from! (Fear is an investment of faith in unbelief in God).

2 Timothy 1:7, *“For God has not given us the spirit of fear, but of power, and of love, and of a sound mind.”*

False guilt has nothing to do with what’s actually true and accurate, nor is it related to true repentance—Rather it’s the fear of disapproval in disguise, and this problem especially affects people who have a hyperactive/malfunctioning conscience.

False guilt tricks us into thinking we must go thru life perfectly—*trying to please others or fit in at all costs!*

Romans 7:14-15, *“The law is spiritual, but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do.”*

Without Jesus Christ as our foundation, we adopt critical/abusive spirits of others and ourselves.



[3] FREEDOM.

Getting out means staying out

Romans 8:1, “Therefore, there is now condemnation for those who are in Christ Jesus.”

C.S. Lewis said, “No man knows how bad he is until he has tried very hard to be good.”

Galatians 2:20-21, “I have been crucified with Christ; and I no longer live, but Christ lives in me. The life I now live in the flesh, I live by faith in the Son of God, who loved me and gave himself for me. I do not set aside the grace of God; for if righteousness comes through the law, then Christ died for nothing.”

What is the Gospel?

The Gospel is the “good news” that Jesus entered into our broken world to rescue us from sin. The good news is that through Christ’s redemptive sacrifice on the cross, sinners are pardoned, the undeserving are given grace, and the broken are restored. There is no sin too heinous for God’s forgiveness. There is no person so good in-and-of-themselves that they do not require forgiveness. Salvation is a free gift of God to anyone who genuinely acknowledges their brokenness and confesses saving faith in the Son of God. It doesn’t take strong faith, just genuine faith in order to be saved.

An example prayer you could pray:

Heavenly Father, I acknowledge I’m broken and a sinner. I believe that Christ died on the cross for sin, and through his resurrection overcame sin and death. I believe in you. I thank you for saving me.

The good news does not end with a confession of faith. New faith can grow into deep faith if cultivated. Let someone at Sunridge know about your new-found faith, and inquire about our new believer’s resource: [God Time: Your First 31 Days](#). Follow Christ wholeheartedly by professing your faith publicly through baptism, learning the Bible by attending church regularly and pursuing the unique calling of Jesus in your life!