

#3 How to Deal with Guilt

Series: Finding Victory Within: How to Handle Your Emotions

A. If there is guilt in your heart, you will not have a healthy emotional life.

B. 2 definitions

1. Guilt – the *fact* of having committed a moral offense.
2. Guilt – the \_\_\_\_\_ of having committed a moral offense.

C. 4 Areas We Develop Guilt in our Lives....

1. \_\_\_\_\_ against God, self, and/or others
2. Dysfunctional childhood experiences
3. \_\_\_\_\_ and other harmful, life experiences
4. Bad Theology (bad teaching/understanding of \_\_\_\_\_)

D. 7 Habits to Successfully Deal with Guilt

1. Expose/\_\_\_\_\_ your guilt to yourself & to God
2. If you did something wrong, \_\_\_\_\_ and commit to not do it again
3. Where appropriate, \_\_\_\_\_ to the person you hurt (typically, no one else)
4. Makes amends where possible
5. Remember that their \_\_\_\_\_ is not the issue
6. Accept \_\_\_\_\_ forgiveness
7. Forgive \_\_\_\_\_

Other Notes:

B2. feeling C1. sin 3. trauma 4. God D1. confess 2. repent 3. apologize 5. response 6. God's 7. yourself