

Dealing With Our Guilt Message Outline

Opening Remarks

Introduction

- A. What is your emotional response to guilt?
- B. Am I still guilty if I don't feel bad?
- C. Where we are going this morning...

I. Where do feelings of guilt come from?

- 1. The Devil
- 2. Holy Spirit
- 3. Conscience

II. We need to be more aware of our sins

- A. Some of us have a weak/uninformed conscience
 - i. A conscience that is uninformed or misinformed
 - ii. a conscience that is seared

- B. How can we develop a strong/informed conscience?

III. We resolve our guilt through repentance

IV. What does repentance look like?

- 1. Address everyone involved (All those whom you affected)
- 2. Avoid if, but, and maybe (Do not try to excuse your wrongs)
- 3. Admit specifically (Both attitudes and actions)
- 4. Acknowledge the hurt (Express sorrow for hurting someone)
- 5. Accept the consequences (Such as making restitution)
- 6. Alter your behavior (Change your attitudes and actions)
- 7. Ask for forgiveness

Concluding Statement