

Guilt and the Next Right Thing

by Lucy Dangerfield

Questions to consider, discuss or journal.

Throughout this article, the author speaks firstly about guilt handled in the wrong way, guilt that seems to cast a shadow over our lives. Then, reflects on the spiritual truth that Jesus has truly lifted our guilt away. Finally, looks at a practical approach for what we can do when we feel weighed down by guilt.

Casting Shadows

Do you know the feeling of being weighted down by guilt? How does guilt affect your physical, mental and spiritual well being?

Guilt is tied up with shame and regret, described as a great weight that sits upon your shoulders and bends your back. How do you identify your own guilty conscience? What warning signs can you identify in your behavior?

My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester and are loathsome because of my sinful folly. I am bowed down and brought very low; all day long I go about mourning. (Ps 38:4-6)

Lifting our Guilt

What does it feel like to repent and be unburdened by guilt? Physically? Mentally? Spiritually? How does guilt affect your relationships?

Our guilt and self-condemnation must, by faith, be released. God designed guilt to be a trigger that prompts us to confess and seek restoration. How does our sense of justice effect our ability to truly accept the grace of God?

The precious blood of Jesus has cleansed us from a guilty conscience. We cannot withhold that cleansing from anyone else, nor can we think it doesn't apply to ourselves, without diminishing the power of Christ's sacrifice.

Have you struggled with forgiving others?

The Next Right Thing

Take a scenario where you're feeling guilty about a sin. You've already confessed it to God and asked for forgiveness but you are having a hard time forgiving yourself. What is the 'next right thing'? What action can you take in faith to experience more fully God's complete forgiveness? Make a plan and journal the steps you will be taking to break the guilt cycle.

How do we show in our attitude and actions that we believe God has forgiven us?

How can you produce fruit while in a state of repentance?

Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me. (Ps 51:10,12)