

Study QUESTIONS

Ep. 1187: How Can We Overcome Crushing Guilt

<https://christianquestions.com/character/1187-guilt/>

See:



1. What is the difference between *guilt* and *shame*? There are two sides to guilt - compare the guilt of Jennifer (from the "Accidental Hope" podcast) and that of King David's sin with Bathsheba. How are they the same, how are they different? (See Strong's definitions, 1 Samuel 11:1-27)
2. What must we be convicted of to start moving forward in dealing productively with guilt? How did David show this in Psalm 51:1-3? How do we usually react to guilt, initially? Why do we do this? When is a time in your life where you have experienced guilt and how did you react?
3. What is essential to lay before the Lord? Is this true of unintentional sins as well as intentional? Compare Psalm 51 where David looked forward in confession and horror over what he had done; and Psalm 32, where David looked backward after facing his sin. What do these two Psalms show? How can we find relief and peace after being crushed by guilt?
4. What is a "contrite heart"? What does it focus on? Can our brokenness be healed? By whom? What is necessary for this forgiveness and healing? (See Psalm 51:17, Luke 4:18)
5. How can we combat addictive sins, when our guilt and self-hatred is not as great as the pleasure or comfort we gain? (See Psalms 32:3-4)
6. Is it important to punish ourselves for wrongdoing? How did the Apostle Paul feel about this? How did David feel? What should we do? (See 1 Corinthians 4:3, Psalms 40:12, 51:9-12, 103:8-11)
7. How does God's view of our lives differ from ours? What did Paul say about the afflictions of this time? (See 2 Corinthians 4:8-18)
8. Remembering our past mistakes should give us the ability to do what? What is the danger in going back into those guilty memories? What aspect of our past experiences should we revisit daily? What are the three steps David took in Psalm 32:5 to achieve forgiveness with God?
9. With what should we replace the "Why me?" question? What do we do if the situation cannot be fixed by us? How did Paul do this? (See Psalms 51:13-16, Galatians 1:13, Acts 22:19-20, 26:19-20)
10. Where should our faith be centered? How do we "live forgiven"? (See Isaiah 53:4-6, Psalms 32:9-11, Psalms 103:12-14) Are *you* living forgiven? What can you do to live the forgiveness you have been given?