

Workshop On Undeserved Guilt Feelings

Jim Downing

Q=QUESTION

A=ANSWER

S=STATEMENT

MY CAMPAIGN.

- S. To help every Christian to be Totally liberated, Totally motivated and Totally fulfilled.
- S. The greatest hindrance for achieving this is probably Feelings of guilt over past and present failures.
- S. This often leads to feelings of inferiority, inadequacy, and unworthiness.

FOOTBALL PLAYER STORY

Q. T. F. THE WORK OF GOD IS TOO IMPORTANT TO BE INTERRUPTED EVEN BY SIN.

A. AT END OF WORKSHOP

OBJECTIVE OF THIS WORKSHOP:

Help us get off and stay off the bench when the Coach says GET BACK INTO THE GAME.

DIVIDE A PAGE OF PAPER INTO TWO COLUMNS

Label left side: 9 recent events which made me feel great.

Label right column: 9 recent events which made me feel bad.

WHAT IS YOUR PHILOSOPHY OF LIFE?

S. T. F. I WANT WHAT I WANT WHEN I WANT IT - GIVE ME MY WAY - GET OUT OF MY WAY -

S. Not getting what I want when I want it starts a sequence of emotions: Impatience, Frustration, Anger, Violence, Murder. (Irrationality of anger)

Put checkmark by Items on both lists where getting what I wanted when I wanted or not getting what I wanted when I wanted it was the reason for the good or bad feeling.

Add to the lists: How I felt when I obeyed God. When I failed to obey Him?

Q. HOW DOES GOD REACT TO OUR FAILURES?

Illustration My son Joe. PSALM 103:13,10 - Lamentations 3:22,23

Q. How does the Holy Spirit react to our triumphs and failures?

FAILURE

A. EPHESIANS 4:30 THE HOLY SPIRIT IS GRIEVED. (Grieve is a love word and only someone who loves us can be grieved)

TRIUMPH (GALATIANS 5:22,25)

Q. WHAT IS THE RESTORATION PROCESS?

1. ACKNOWLEDGE Jeremiah 3:13 - Psalm 32:3-5---I JOHN 1:9

2. PROVERBS 113:13 - VOLITIONALLY FORSAKE INTENT TO REPEAT.

S. GOD IS THE GOD OF PRESENT INTENTION AND INSTANTEOUS RESTORATION

ON THE BASIS OF CHRIST'S DEATH FOR US, HE FORGIVES, Ephesians 1:7 - HE FORGETS, HEBREWS 10:17 - HE JUSTIFIES ROMANS 5:1. Q. Can you think of anything more God can do to assure you that you are restored? (Mark 16:1)

Q. WHY DO I CONTINUE FEELING BAD AFTER ACKNOWLEDGING AND FORSAKING INTENT TO REPEAT?

A. PRIDE. Q... IS MY DISCOMFORT FROM GOD? AM I NURSING A BRUISED AND WOUNDED EGO? DO I RELISH A SELF PITY PARTY?

Q. DEFINITION OF PRIDE?

A. PRIDE IS PREOCCUPATION WITH SELF.

Q. IS IT WORSE TO BE PREOCCUPIED BY FAILURES THAN BY SUCCESSES?

A.

Q. WHAT ARE SOME CONSEQUENCES OF SIN?

A. THERE MAY BE LEGAL. SOCIAL EMOTIONAL, MENTAL CONSEQUENCES

S. Back to football player. (All that was happening was the memory was fading)

Q. **T. F.** THE WORK OF GOD IS TOO IMPORTANT TO BE INTERRUPTED EVEN BY SIN.

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List 9 recent events which:

Made you feel great

Made you feel bad

1 _____

1 _____

2 _____

2 _____

3 _____

3 _____

4 _____

4 _____

5 _____

5 _____

6 _____

6 _____

7 _____

7 _____

8 _____

8 _____

9 _____

9 _____

10 **How I felt when I obeyed God**

10 **How I felt when I disobeyed God**

