

“The Giant of Guilt”
Series: “Conquering Your Giants”
(Part 5 of 5)

Discussion Starter: Describe a time from your childhood when you got “caught” doing something you knew was wrong.

Explore: Read John 8:1-11

The story of the woman caught in adultery is a good example of the forgiveness available from God. Even though the religious leaders put a lot of pressure on Jesus to condemn this woman, he chose to accept her and encourage her.

1. For what purpose did Jesus go to the temple early in the morning (vs. 1-2)?
2. Whom did the Pharisees bring before Jesus (vs. 3-4)? How might the woman have felt in that situation?
3. Why did the Pharisees bring this woman to Jesus (vs. 5-8)? How did Jesus answer their question?
4. In what way did the religious leaders respond (vs. 9-11)? What did Jesus encourage the woman to do?

Reflect: Review the LG and discuss the questions below.

1. As a group, list sins which people tend to categorize as “BIG” sins.
2. Why do we sometimes rush to point out the faults of others, while at the same time failing to recognize or admit our own weaknesses?
3. There were three types of guilt mentioned in the lesson. Summarize and discuss the differences between each one. In which “guilt” category do you tend to land?
4. Read Psalm 51:9-13. What role does confession play when it comes to killing the giant of guilt? What is the danger of un-confessed sin in your life?
5. The last step to defeating the giant of guilt is to accept God’s grace. What would you say to someone who may be struggling to accept God’s unconditional love and forgiveness?

Live: Take it home.

As a group: If anyone is struggling to accept God’s grace, pray for them. Thank God for His incredible love, mercy, and forgiveness. Then take communion together.

On your own: Think through the steps for killing the giant of guilt. Which step did you need to hear this week? What will you do in this week to rid yourself of unnecessary guilt?

Listening Guide Notes

“In the spring, at the time when kings go off to war, David sent Joab out with the king’s men and the whole Israelite army... But David remained in Jerusalem.”

–2 Samuel 11:1 (NIV)

^[5] *“David burned with anger against the man and said to Nathan, ‘As surely as the LORD lives, the man who did this deserves to die!’^[6] He must pay for that lamb four times over, because he did such a thing and had no pity.’^[7] Then Nathan said to David, ‘You are the man!’”* –2 Samuel 12:5-7 (NIV)

Three Categories of Guilt...

1. No guilt.

(i.e. seared conscience or denial)

“Hypocrites... whose consciences have been seared as with a hot iron.”

–1 Timothy 4:2 (NIV)

2. Appropriate guilt.

“Godly sorrow brings repentance that leads to salvation and leaves no regret.”

–2 Corinthians 7:10a (NIV)

3. Unfounded guilt.

Kill the giant of guilt...

1. Acknowledge and confess your sin.

^[1] *“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.”* ^[2] *Wash away all my iniquity and cleanse me from my sin.* ^[3] *For I know my transgressions, and my sin is always before me.* ^[4] *Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.”* –Psalms 51:1-4 (NIV)

^[3] *“When I kept silent, my bones wasted away through my groaning all day long.”* ^[4] *For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.* ^[5] *Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD,’ and you forgave the guilt of my sin.* ^[6] *Therefore let everyone who is godly pray to you while you may be found.”* –Psalm 32:3-6 (NIV)

2. Repent from your sin.

^[12] “Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. ^[13] Then I will teach transgressors your ways, and sinners will turn back to you. ^[14] Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.” –**Psalm 51:12-14 (NIV)**

“I have not come to call the righteous, but sinners to repentance.” –**Luke 5:32 (NIV)**

“Peter replied, ‘Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.’” –**Acts 2:38 (NIV)**

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.” –**Acts 3:19 (NIV)**

3. Accept what Jesus did for you.

“How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!” –**Hebrews 9:14 (NIV)**