

# Guilt: Identifying the truth

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*Week 6 – Guilt. Identifying guilt leads to freedom*

**Memory Verse:** *So now there is no condemnation for those who belong to Christ Jesus. Romans 8:1 (NLT)*

## Layers

This week, your child learned guilt can be driven by feelings of regret over things you did or didn't do. Often guilt can be paralyzing. To be free from guilt we must first identify it for what it is.

## Solid Ground

God's Word says: "All the days ordained for me were written in your book before one of them came to be." (Psalm 139:16) "Come to me, all you who are weary and burdened, and I will give you rest...For my yoke is easy and my burden is light." (Matthew 11:28 and 30)

## Stepping Stones

Father, thank you for teaching us that you are not the author of guilt. Help us to investigate our guilt to determine the root cause. Thank you for loving us enough to make a way for us to be with you through the provision of your Son our Savior. We love you!

## Recap

In our sixth lesson, your child learned that determining the source of our guilt is the first step. Its root is either sin (a thought, word or action that breaks God's law; an action I have done wrong), or a lie one might believe that is holding him/her captive. Sin separates us from God. God loves us so much that He paid for our sin...through His son Jesus Christ...when we confess our sin God is faithful and just to forgive our sins.

We asked your child to list the ways he/she feels guilty, and to identify if the root is in sin or is not. We asked the students to confess any sin and ask for the Lord's forgiveness, and to reach out to their Shift leader if there was anything they had to ask Jesus' forgiveness for. The enemy's lies can be powerful, but remember that God is bigger and His truth can bring you peace and freedom. "And you will know the truth, and the truth will set you free." (John 8:32)

## **Going Further**

We mainly focused on guilt this week. Guilt can often be confused with regret. As you talk with your child this week, this might be a good time to ask if they have any regrets about their loved one. Here are some definitions of regret that might be helpful: a feeling of sadness, shame, embarrassment, depression, annoyance, or guilt. Regret is a negative conscious and emotional reaction to personal past acts and behaviors. Regret is often expressed by the term "sorry." Regret is distinct from guilt, which is a deeply emotional form of regret.

These are only ideas to help you have an open dialogue with your child.

## **Basecamp Activity**

In the week ahead, reassure your child that feeling guilty is normal but that God has not given them the guilt. God can convict our hearts of sin (things we do wrong to break His law) but our brokenness/inherent sin has already been covered by accepting Jesus' sacrifice on the cross. God will not continue to make us feel guilty, but He will assure us that the price for our sin is already paid and we have been reconciled to God through Jesus.