



Series: Set Free to Live Free

Passage: Numbers 14:39-45

Title: Dealing with Guilt

Speaker: David Menard

Discussion Starter: What role has guilt played in your life?

Prior to this message, have you ever considered guilt to be like a gauge?

God's Design in Guilt (Numbers 14:39-41; Isaiah 1:18)

- What is the purpose of guilt and what does God want us to do when we feel a sense of guilt? (see Isa 1:18 and 2Cor 7:10)
- What was good, what was bad in the way the Israelites responded to the guilt they experienced from losing the Promise land?
- Why is it so important that we are able to properly interpret our guilt afflictions and what are the dangers of not properly reading our guilt gauge?

2 Ways of Dealing with Guilt

Toxic guilt centers on self. Healthy guilt centers on Jesus. (Numbers 14:42-45; 2 Corinthians 7:10; Matthew 27:3-5; Psalms 51:1-7)

- Did the Israelites respond properly to Moses by going into the promise land after God said no? What do you think their true motive was when they realized the consequences of their sins?
- What are the characteristics of toxic guilt and in what ways are they exposed in the steps taken by the Israelites as the push onward to acquire the Promise land after God said no?
- Conversely, what are the characteristics of healthy guilt and what can we glean from how King David responds to his guilt in Psalm 51?
- What is the difference between sorrow and repentance?
- In what ways do you feel more equipped to properly use this "guilt gauge" God has given you?