



## Bible Study

Wednesday, November 29, 2023

### “HOW TO DEAL WITH HOW YOU FEEL”

Just because you are a Christian does not mean that you are exempt from uncontrolled emotions. If we do not learn how to control our emotions, our emotions will control us. In this Bible Study series, based on the book of the same title by Dr. James Merritt, we will look at topics that affect our emotions and more importantly how to control those emotions. In other words, my prayer is that these lessons will help you to “Deal with How You Feel.”

### GUILT

**Definition:** A feeling of sinfulness or wrongdoing for our actions or conduct.

#### I. There are Two Types of Guilt

1. Undeserved Guilt – when you feel guilty even though you’re not guilty.
2. Deserved Guilt – A conviction from God because of something you said or something you did.

#### II. Two Examples of Deserved Guilt

1. Adam and Eve
2. David

*Genesis 3:1-13*

*2 Samuel 11-12:1-15; Psalm 51*

#### III. How to Say Goodbye to Guilt

1. Confess your guilt.
  - Confess your Transgression – to rebel against God’s law.
  - Confess your Iniquity – a sinful act.
  - Confess your Sin – to miss the mark.

*Psalm 51:1-3*

Confess means to agree with God about what you did.

2. Profess your grief
3. Access God’s Grace
4. Be Assured of God’s Love and Forgiveness

*Psalm 51:4-5*

*Psalm 51:7-15*

*John 8:36; Romans 8:1;*

*Philippians 3:13-14; 1<sup>st</sup> John 1:9*

Brothers and Sisters, no matter how deep the stain of your guilt is, one drop of God’s Amazing Grace can give you a clean slate for the asking!