

# Hot Topics

## Freedom from Guilt

### Leader Guide

**Theme:** Because our ability to living perfectly is not even close to the righteousness of God, sin is inevitable for everyone. Feeling guilty after the sin is also something everyone will face in life. The weight of sadness, despair, and discouragement that guilt brings after sin can be overwhelming. Satan wants everyone to stay in the life of sin and guilt. But the good news for Christians is that Jesus gives complete freedom from not only the sin but also the guilt that follows!

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#### **Conviction or Condemnation?**

The feelings of guilt can be initially helpful if they are following conviction that leads to repentance but guilt is harmful when it moves from conviction to condemnation.

#### **Read John 16:7,8**

- What or who gives conviction?
- Why or why isn't this beneficial?

#### **Read John 3:17 and 10:10**

- What or who gives condemnation?
- Why or why isn't this harmful?

#### **Read Romans 8:1–2**

- What is the difference in conviction and condemnation after you have confessed and repented of your sins?
- Share a time that you sinned and repented but couldn't stop the guilt.
- How did you feel? Why or why shouldn't you have felt that way?

#### **Two Peoples Responses to Guilt**

There are two ways you can respond to your sin. One is like Judas and the other is like Peter. Read about their choices and their reaction to their sin.

**Read Luke 22:1-5;47,48**, on the betrayal of Christ.

**Read Luke 22:54–62**, on the denial of Christ.

Both men sinned but each one handled it differently. In their conviction, one man ran away accepting condemnation and the other man ran away accepting conviction as he wept in repentance. You may feel you that even though God can forgive you, you cannot forgive yourself. If God, the Creator of the universe, can forgive you, then you can forgive yourself!



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### **Read Matthew 27:1–5**

- How did the choice of condemnation end?
- What happens in your life when you take your guilt into your own hands?

### **Read Acts 2:14–21**

- Why did Peter’s repentance set him up to now be preaching on the Day of Pentecost?

### **Guilty or Not?**

There may be times you feel guilty even though you didn’t sin. You may feel discouraged simply because you were *tempted* to sin. You may feel guilty because other people think and say things about you or because you don’t feel you are good enough. Be aware that Satan loves to place guilt on you and he will look for every chance to speak lies to your mind. Fight him with the truth of Scripture!

### **Read John 8:32**

- How does knowing truth give you freedom from guilt?

### **Read Galatians 5:1**

- What are some practical ways you can live this verse when tempted to feel guilty?

**Prayer:** Lord, thank You that I can be set free from the weight of guilt in my life. Your forgiveness is all I need when I sin. Help me to accept Your conviction that leads to repentance rather than the condemnation that leads to running from You. Guide me when I feel guilty over things I didn’t do so that I know when the enemy is telling me lies.

For more topical Bible studies for teen girls, visit [www.myhealthychurch.com/teengirls](http://www.myhealthychurch.com/teengirls)

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*For Student*

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