

## Questions

1. Guilt is often unplanned. Why, then, do we purposefully do the things that lead to the guilt?
2. Why is it so easy for us to run to a “list of things to do” when it comes to dealing with your guilt?
3. Why doesn't this work?
4. What does it mean to be a person “after God's own heart” even when you have tremendous guilt?
5. Feeling guilty is an indicator of Guilt. How do we wrongly deal with this indicator God has given us.
6. Why is acknowledging your sin without excuse so important?
7. What is false guilt? Why do we carry it? How should we deal with it?
8. What is the difference between being better vs being holy.
9. What does it mean to “restore the joy of salvation?”
10. As discussed, us changing isn't how we should deal with guilt. Dealing with our guilt, through Christ, leads to us changing. How does God deal without guilt? (Through his sacrifice on the cross and our faith in him)
11. Where are you on the guilt journey to joy? (Own it, embrace restoration, ask God to change you)
12. How do we know when God is working guilt into Joy? (We are able to focus on those around us instead of our own self)
13. Where do you need to exchange guilt for the joy of your salvation?