

# emojis

controlling your **emotions**, before they control you.

## Week 4 - 😓 Guilt: I Owe You.

### Opening Question: Do you find yourself trying to make up for something you can't fix?

Guilt causes us to stop relating to God and start attempting to repay Him.

### Seeing your sin the way God sees it:

1.

2.

### If it's already been paid, why do I feel like I still owe something?.

1.

2.

3.

### Your Identity in Christ

1.

2.

3.

4.

# **LIFEGROUP STUDY QUESTIONS**

## **FIRST THINGS FIRST**

1. Have you ever tried to “make up” for something you did wrong? What did that look like?
2. Have you ever apologized for something that wasn’t even your fault? What was it?
3. What’s a “guilty pleasure” you have? (Food, show, habit, etc.–keep it fun.) Why do we even call it “guilty”?

## **DIGGING DEEP**

1. Jeremy described guilt as turning life into a series of IOUs. How does guilt shift a relationship from being relational to feeling transactional? What changes in how people interact?
2. Read Hebrews 10:11–14. What stands out to you about the contrast between the priests who “stand daily” and Jesus who “sat down”?
3. If guilt is tied to something in the past, why does it still feel so present and powerful? What keeps it alive?
4. Why do you think the the audience of the letter to the Hebrews struggled to believe the debt was fully paid? In what ways do we struggle with the same thing today?
5. Jeremy said: “You can’t un-sin.” How does trying to “replay and fix the past” actually keep us stuck in guilt
6. Read Hebrews 10:17–18. What does it mean that God says, “I will remember their sins no more”? How is that different from how we tend to handle our own failures?
7. What is the difference between a system where you constantly have to “make up for things” and what Hebrews 10 describes?
8. Read Colossians 2:13–14. What does it look like practically to believe your “record of debt” has been canceled?
9. Jeremy challenged the idea of “forgiving yourself.” Why do you think people hold onto that idea, and how does it differ from receiving God’s forgiveness?

## **TAKE IT HOME**

1. Where in your life do you still feel like you “owe” someone (including God or yourself)? What would it look like to believe the debt is truly paid in that area?
2. Which truth impacted you the most this week: A: “You can’t un-sin” B: “The debt is canceled” C: “Jesus sat down” Why?
3. What is one practical way you can “stop standing and start resting” in what Jesus has already finished this week?
4. The sermon ended by connecting freedom from guilt to restored joy. Where have you seen guilt steal your joy—and what would it look like to take that joy back?