

**Message Study Guide**

**(Scriptures & quotes from this week's message are available on [thorncreek.church/live](http://thorncreek.church/live))**

**Warming up**

1. What was your favorite thing to do when you were a kid?

**Digging Deeper & Application**

**Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.**

2. How would you define guilt?

3. What's the difference between true guilt and false guilt? How do you know the difference?

4. Psalm 32 is a journal of guilt. King David talks about his guilt from his sin with Bathsheba. Please read it slowly.

- a. What do verses 1-2 say about the benefits of forgiveness?
- b. Do you ever struggle with the idea that God has forgiven you for all your sins? Why?
- c. What do verses 3-4 say about the weight of guilt?
- d. What verse is a turning point for King David?
- e. According to verse six, what is our part?
- f. What is verse seven about?
- g. According to verses 8-11, what is God's part?

- h. What should a person do with guilt? Please read Acts 3:19, Matthew 3:2.**
- 5. What does 1 Corinthians 6:9-11 say about Christ and our guilt?**
- 6. According to Luke 19:8, what did Zacchaeus do with his guilt?**

### **Application**

**Below are some key points to take away from this study. Take time to discuss the points and pray together:**

- *“Guilt is ALWAYS hungry. Don’t allow it to consume you.” - Terri Guillimets*
- **We are forgiven, and do not have to carry the weight of guilt and shame with us anymore!**
- **“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23-24)**