

## **HANDLING MY EMOTIONS (part 2)**

**October 11, 2020**

### **1. Why do we need to deal with our guilt?**

- Guilt: The \_\_\_\_\_ associated with acknowledging we have done \_\_\_\_\_.
- \_\_\_\_\_ it or being \_\_\_\_\_ by it empowers it.
- Guilt creates a \_\_\_\_\_.
- Unresolved guilt creates \_\_\_\_\_ and leaves us feeling \_\_\_\_\_.

### **2. The solution to our guilt**

*“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do...God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us.” Romans 8:1-4*

- Through Jesus, God took on himself all the condemnation associated with our sin: \_\_\_\_\_ & \_\_\_\_\_.
- In Christ: You are \_\_\_\_\_, but you are not \_\_\_\_\_.
- In Christ: When God \_\_\_\_\_, he does not \_\_\_\_\_.

### **3. Some important implications for Christians**

- We forfeit the right to \_\_\_\_\_ because we are no longer \_\_\_\_\_.
- Our guilt will \_\_\_\_\_ us, but it will not \_\_\_\_\_ us.
- We forfeit the right to \_\_\_\_\_ because that would make us \_\_\_\_\_.
- We are now free to make \_\_\_\_\_ without \_\_\_\_\_ or \_\_\_\_\_.