



Session Outline and Discussion Question “Dealing With Guilt-Releasing The Past”

Vince D’Acchioli -- Session 11

Session Outline:

Rom. 8:1-2 “Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.”

Guilt is the by-product of sin. It can be sins of commission or omission. Fear and shame can also contribute to a sense of guilt. We must be aware of the guilt-cycle and the law of diminishing return.

The guilt cycle happens when we fail and look for satisfaction or release in the wrong places--sex, alcohol, drugs, etc. The law of diminishing return proves that these false release mechanisms are never enough--they are temporary at best and lead to more guilt. God is our only true source of release.

Five Keys To Letting Go Of Your Past:

- 1.) Resist _____ (Ps. 32:5) (Rom. 3:23-24)
- 2.) Focus on the _____ (2 Cor. 5:17) (James 1:2-4)
- 3.) Commit to _____ (Heb. 6:1-2)
- 4.) _____ and _____ (2 Chron. 7:14)
- 5.) _____ relationships (Prov. 27:17) (Gal. 6:1-2) (Heb. 10:24)

Life Implication:

Guilt and condemnation can be the result of not dealing effectively with *fear*, *anger* and *unforgiveness*. We must always remember the difference between *condemnation* and *conviction*. Condemnation comes from the enemy of our soul while conviction comes from the Holy Spirit. Condemnation can destroy us--conviction can restore.

“Condemnation will never take root if conviction is responded to with confession”. **Jack Hayford**

The world and all of it’s secular forms of treating human behavior does not have an answer for our condition. Only as we are able to *release* the negative influences from our past to God can we find true freedom.

Phil. 3:13-14 “Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”



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