

# TRUE GUILT

**1. OCCURS WHEN:**

We sin (“miss the mark”).



**2. WE FEEL:**

Conviction.



**3. SENT BY:**

The Holy Spirit because God is Holy and He chastens those He loves.



**4. MESSAGE TO US:**

“You’re out of line. Get back on track. Come closer to Me.”



**5. OUR RESPONSE:**

Repentance, Confession, Restitution.

**6. LEADS TO:**

Forgiveness, restoration and a deepening of relationship with God and others.



**7. WE FEEL:**

Hope.



# ***FALSE GUILT***

**1. OCCURS WHEN:**

We are confused by our emotions and/or confused about God



**2. WE FEEL:**  
Shame



**3. SENT BY:** Satan, Hurt Emotions, Some Relationships, Theological Misunderstandings, Emotional Disorders



**4. MESSAGE TO US:**

“You’ve messed up again. There is no hope, you’re washed up. What if you’ve gone one step too far to be forgiven.”



**7. WE FEEL:**

Hopelessness, Despair, Shame



**6. LEADS TO:** Isolation and fear of openness with God and others.



**5. OUR RESPONSE:**  
Hiding, Internal Turmoil, Fear



# When *TRUE GUILT* Morphs into *FALSE GUILT*

## 1. OCCURS WHEN:

We recognize our actions as sinful, feel true guilt as conviction from the Holy Spirit, repent for the sin, and try to make things right.



## 2. WE MAY FEEL:

That while we are truly sorry and want to be forgiven by God, that for some reason(s), we still aren't forgiven.



3. **CAUSED BY:** The misbelief that feeling forgiven is true indicator of being forgiven.



## 6. LEADSTO:

The False Guilt Cycle of shame, discouragement, and despair.



## 5. OUR RESPONSE:

Repeated confessions to God and others, continual searching for emotional confirmation of forgiveness.



## 4. MESSAGE TO US:

“If you still feel guilty, you must be guilty. You must not have repented correctly or thoroughly enough. Try again.”