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.
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.”

5. OUR RESPONSE: Hiding, Internal Turmoil, Fear

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

7. WE FEEL: Hopelessness, Despair, Shame
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.

4. **MESSAGE TO US:**
   “If you still feel guilty, you must be guilty. You must not have repented correctly or thoroughly enough. Try again.”

5. **OUR RESPONSE:**
   Repeated confessions to God and others, continual searching for emotional confirmation of forgiveness.

6. **LEADS TO:**
   The False Guilt Cycle of shame, discouragement, and despair.