

# FOOD FOR THOUGHT *(continued)*

## TAKING IT HOME

1. Jeremiah said that “*Guilt begins to shape our identity.*” Have you ever experienced that dynamic in your life? How did you deal with it?

2. Read **James 5:16** and **Matthew 5:23-24**. According to these verses, what is the role of confession and restoration in the process of moving past guilt?

3. Is there anyone in your life that you need to apologize to or forgive? What would it look like for you restore relationship with that person this week?

4. As you reflect on the talk from Sunday, was there anything that particularly caught your attention, challenged you, or confused you?

# MESSAGE NOTES

## Okay To NOT Be Okay // Week 2

8 rules all religions share in common:

- 1 - Don't harm others with word or deed
- 2 - Honor your parents
- 3 - Be kind to siblings and the elderly
- 4 - Be honest in all your dealings
- 5 - Don't lie
- 6 - Don't have sex with someone else's spouse
- 7 - Care for those who are weaker
- 8 - Put others first

Religion highlights our \_\_\_\_\_.

*I have discovered this principle of life - that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? **Romans 7:21-24***

The truth about guilt:

1. Guilt begins to shape our \_\_\_\_\_.

*Just as the rich rule the poor, so the borrower is servant to the lender. **Proverbs 22:7***

2. When we feel guilty, we \_\_\_\_\_.

*If we claim we have no sin, we are only fooling ourselves and not living in the truth. **1 John 1:8***

3. Jesus is the \_\_\_\_\_ to our guilt.

### VERSE TO REMEMBER:

*So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. **Romans 8:1-3***



# PERSONAL NOTES

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## SHARE YOUR STORY...

**There are few things that encourage others like hearing someone's story! Every person at Westbridge has a story - and every story matters to God! And every story also has the power to encourage someone else! Would you take a few minutes and tell us your story?**

**[www.WestbridgeChurch.com/mystory](http://www.WestbridgeChurch.com/mystory)**

“Be doers of the word and not hearers only...” *James 1:22*



# FOOD FOR THOUGHT

Our Home Churches are currently in session! Take these questions home with you and **WRITE DOWN YOUR ANSWERS.** Bring them with you to your Home church to help as you discuss how to apply this to your life! Have a great week!

## **GETTING TO KNOW YOU**

1. What is the craziest fashion trend you embraced in your life?

2. Guilty people tend to leverage guilt. God always leverages kindness. In what ways have you seen the church leverage guilt to get people to behave a certain way?

## **DIGGING DEEPER**

1. Read ***Psalm 32:1-5***. What is the feeling that David describes while he was carrying his guilt? Have you ever experienced that feeling? How did it affect you?

2. Read ***Isaiah 1:18*** and ***1 John 1:8-9***. What do these verses tell us about the nature of God's forgiveness towards us?