



“Playing with Guilt & Remorse”

Playing with Fire Series

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Unhealthy things we do with our guilt & regrets:

1) **MINIMIZE** them.

- Just because you say it's no big deal doesn't mean that **GOD** says it's no big deal.
 - Proverbs 6:16

2) **BURY** them.

- We need to forget about past mistakes, but not until we **LEARN** from them.
- **“Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:16**

3) **BLAME OTHERS.**

- *“The woman **You** put here with me – **she** gave me some fruit from the tree, and I ate it.” Genesis 3:12*
- Are you man or woman enough to take **RESPONSIBILITY** for your own actions?

3 things to do if you want to stop playing with guilt & regrets:

1) Admit that you've **SINNED**.

- *If we claim to be without sin, we deceive ourselves and the **truth is not in us.***
 - 1 John 1:8

2) Accept God's total **FORGIVENESS**.

- *“If we confess our sins, He is faithful and just, and will **forgive us our sins** and cleanse us from **all unrighteousness.**” 1 John 1:9*
- *“Their sins and lawless acts **I will remember no more.**” Hebrews 10:17*
- *“There is no other god like you, O Lord; you forgive the sins of your people who have survived. You do not stay angry forever, but you take pleasure in showing us your constant love. You will be merciful to us once again. You will trample our sins underfoot and send them **to the bottom of the sea!**” Micah 7:18-19*

3) Jesus will **ALWAYS BE THERE** for you.

- *“I write this to you so that you will not sin. But if anyone does sin, we have **one who speaks** to the Father in our defense – Jesus Christ.” 1 John 2:1-2*
- *“When we are faithless, He remains **faithful!**” 2 Timothy 2:13*