



SMALL GROUP STUDY

1. Have you ever felt guilty about something you said, did or didn't do? Why? What was your response to the guilt? Why is our first response to cover it up or ignore it?
2. Looking at the "two responses to guilt" - how have you seen this play out, for good and for bad in your life?
3. For each below, identify and discuss the verses for each point along the path in the baggage of guilt:

Genesis 3

- The Sin
- The Guilt
- The Cover-Up
- The Confrontation
- The Response
- The Result

2 Samuel 11-12

- The Sin
- The Guilt
- The Cover-Up
- The Confrontation
- The Response
- The Result

Even though you are forgiven, there still are consequences. Should those go away if you're forgiven? Why or why not? (ref. the example of David above)

What if you don't "feel" forgiven and you have truly repented, what should you do? (ref. **1 John 1:9**)

4. The ultimate release of the baggage of guilt (and any baggage) in our lives comes in a personal relationship with Jesus. While following Jesus doesn't mean all of your problems will disappear, it does mean that God will give peace in the process. (**John 3:16-18, 10:10, Romans 6:23, 10:9-12**)

Have you made the decision to trust Jesus as your Lord and Savior? If not, you can do that today. If you have, how are you living so that you "let go and live free" from baggage?



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ACCESS TODAY'S MESSAGE

Our website is designed to be a helpful tool for all things Northampton. At www.NBchurchCF.org you'll find: our church calendar, key events, email and text alert sign-ups as well as access to this week's message and past messages - all from your computer, tablet or smartphone!

INFORMATION FOR OUR GUESTS

Next Step Spiritual Growth Opportunities

A great next step from the Worship Service on Sunday mornings is to connect in a smaller group that meets at 9:30am on Sundays. We also have small groups and other Bible Studies at various times during the week.

Children's & Youth Ministry

We have a safe place for your children and teens! There are several environments throughout the week for preschoolers, children, middle & high school students to take part in, connect with friends and grow in their relationship with Jesus.

Complete info can be found at: www.NBchurchCF.org

FOR FURTHER STUDY

Whether you're in a small group now or not, use this study guide to help you as you listen to the message and during the week as you dig deeper into God's Word through the "Small Group Study" section. All of this is designed to help you along the path of discipleship to **Believe > Belong > Become** like Jesus!



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MESSAGE NOTES

THE BAGGAGE OF GUILT

Pastor Joe Pryor

Guilt is _____ because it leads us to

Genesis 3:8-13

[8] And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. [9] But the LORD God called to the man and said to him, "Where are you?" [10] And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." [11] He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" [12] The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." [13] Then the LORD God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

Psalms 32:1-5

[1] Blessed is the one whose transgression is forgiven, whose sin is covered. [2] Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. [3] For when I kept silent, my bones wasted away through my groaning all day long. [4] For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. [5] I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin.

1 John 1:9

[9] If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

