

## Follow up Questions from message on Sunday, March 12, 2017

### Hidden Within Series "Guilt"

#### Reread James 5:13-16

Guilt says, "I owe you, or I need to make it up to you." When we carry unresolved guilt around it bleeds into other relationships. Guilt ultimately is about failing to meet our own expectations. Confessing it helps, but directing it to the one you have offended heals. Living in the spirit of truth changes us.

1. Have you ever met someone that seemed to carry guilt around due to a church experience of any kind? In what way did it affect their relationship with God?
2. Pastor Jon said in his message that "it is generally guilty people that leverage guilt to get other people to do things." Do you agree?
3. Guilt says "I owe you. I've done something to offend you, and now I owe you." How do you think that affects our relationship with people to whom we "owe an apology?"
4. If it is true that the weight we pick up from guilt, we carry around and into other relationships, how might guilt hurt other relationships?
5. Pr. Jon said in his message that "if you were to unpack guilt, you know what you would find there, anger." Anger at whom?
6. Read James 5:16. Why does James encourage followers to bring guilt 'to light' by making confession to the person offended? Do you agree?
7. Why is it difficult to confess to one another?
8. Discuss the difference between consequences of confession and consequences of concealment.
9. How does confessing an issue to God help?
10. Why does God call us to confess to others even when consequences are difficult?