

405 – Guilt and Shame

I. Introduction

A. The _____ of Guilt and Shame

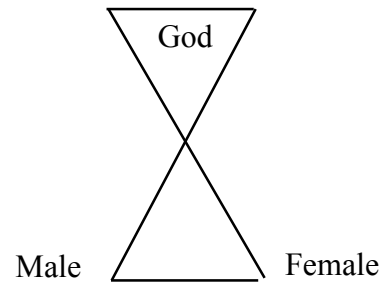
B. Guilt and Shame defined

1. Guilt

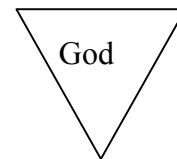
2. Shame

C. _____ of Guilt and Shame

1. God's Original _____

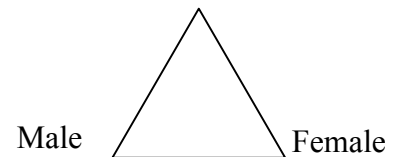


2. Satan's Role to generate _____



3. The Curse

Sin



4. The Law

II. Kinds of Guilt

A. Two Broad Categories

1. _____ guilt

2. _____ guilt

B. Guilt feelings are divided into two categories

1. _____ guilt feelings

2. _____ guilt feelings

C. _____ Sorrow - II Cor. 7:8-10

1. Is not _____

2. Godly sorrow is _____

D. Difference between shame and guilt

1. As guilt is an indictment on a person's _____, so shame is an indictment on the _____.

- a. Guilt says _____
- b. Shame says _____
- c. Guilt says _____
- d. Shame says _____

2. Shame can be set in motion by long-term _____ messages

3. Distinguish between our _____ and our true identity

III. The Characteristics of a Shame-based System

A. _____ shaming

B. _____ orientation

C. _____ Rules

D. Emphasis on _____

E. Communication on _____ level

F. _____ of Try Harder / Give up (See attachment)

IV. The Effects of Guilt and Shame

A. Shame Games

B. Isolation and Rejection

C. Defense Mechanisms

1. Projection
2. Repression
3. Suppression
4. Obsessive compulsive reactions or reaction formation
5. Blame shifting
6. Can't say no
7. Guilt offerings
8. Drug and Alcohol use

D. _____ hang-ups

E. _____ Issues

1. Fear
2. Depression
3. Anxiety

V. Relief from Guilt

A. Discern if this feeling is the result of _____.

1. If it is the result of _____
 - a. Confess our _____
 - b. Seek to _____
 - c. Be aware of _____
2. If we have not broken any civil or moral laws and are not being disobedient to the leading of the Holy Spirit, we are most likely struggling with _____.
 - a. We need to _____
 - b. _____ the standard as false
 - c. Claim the _____ and set our minds on the _____

B. Expect to go through a process of _____ from the false guilt feelings.

C. Acceptance of _____

D. Appropriate the Power of the _____

VI. Relief from Shame

A. We Are a _____ Creation

B. _____ of God's View of our Worth

C. Forgiveness of _____

D. Confession of our _____

E. Understand Indwelling _____ and Satan's Accusations

	Holy Spirit's Role	Satan's Role
Before Salvation	Conviction of Guilt Reveal Condemnation	Deception of Innocence Reveal False Security
After Salvation	Conviction of Righteousness Encourage With Security	Deception of Guilt Tempt with Insecurity Condemnation or shame

VII. Conclusion

A. Guilt and Shame Will _____

B. Freedom from Guilt and Shame Is _____

C. Be a Discerner of _____

1. The Holy Spirit's Conviction

2. Satan's Accusations

Bibliography

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