

## Worksheet: Freedom from Guilt that is *Real* and from the False Guilt I *Feel*

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.

—Romans 5:1–2

Blessed are those who mourn, for they will be comforted.

—Matthew 5:4

1. Recent or past sin for which I currently feel or have felt guilt:

\_\_\_\_\_

2. Have I sincerely confessed it to God and repented? \_\_\_\_\_

3. Do I now feel forgiven? \_\_\_\_\_

4. If the answer to number two is yes, and number three is no, what in my thinking is making me still feel guilty?

\_\_\_\_\_

5. Am I confident I have truly repented or am I unsure? If I am not sure, what steps can I take to make changes and feel resolved?

6. If I have already repented and I am just struggling with ongoing guilty feelings, what scriptures can help me to accept God's forgiveness?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now, may I set my mind on the following truths:

1. Remember what Paul wrote to the Roman church:

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "*Abba*, Father." (Romans 8:15)

2. May I *embrace* and *focus my mind* on this wonderful biblical truth: Our Father does not want us to live in perpetual fear—or guilt. He wants us to deal with our sins appropriately, but then move on and live in the glorious grace and freedom lavished upon us by the blood of his Son.

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. (Ephesians 1:7–8)

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