



I Feel Kinda Free

Part 4 – How to Let Go of Guilt

Discussion Guide

This week, we will openly examine and confess our faults to ourselves, to God, and to someone we trust. We will voluntarily submit to all changes God wants to make in our lives and humbly ask Him to remove our character defects.

What you will need: A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

Jump Start

1. Take a self-inventory:
 - Write at the top of the page: “My Problems”.
 - Make two columns:
 - Column 1: “Things I Need to Change”
 - Column 2: “Things That Hold Me Back”
 - Be specific and not general.
 - Play this song: [God of Midnight](#).
 - Read this Scripture passage: [Psalm 139:23-24](#), and make it your prayer.

Note: Join us this week for the [daily Cove Devotions](#) and [MDWK Deep](#) on Wednesdays at 12:00 pm. Care Groups are both in person and virtual. Find out more information [here](#).

2. Read [Isaiah 1:18](#), [Micah 7:18-19](#), [Romans 8:1](#), and [Jeremiah 31:34](#). The Bible tells us God forgives instantly, freely, and completely. How does that make you feel about confessing your faults to God? Do you experience any guilt in your confession? Read [1 John 1:9](#). What happens when we confess and repent?
3. If God doesn't hold our sins against us after we confess them, why is it so difficult to admit our faults to and forgive ourselves? God changes our character by changing the way we think. Read [Philippians 4:8](#). How would it impact your life if you spent more time focusing on good things?
4. Read [James 5:16](#) and [Proverbs 27:17](#). How do friends sharpen one another? How can your group members help each other focus on the good, focus on God's power, and live one day at a time?
5. Read [Proverbs 17:24](#), [Romans 12:2](#), and [Philippians 4:13](#). Take turns reading all of these Bible verses aloud. Each of them points to a next step which we all need to take in this process of healing. [Proverbs 17:24](#): Focus on one thing at a time. [Romans 12:2](#): Change the Channel. [Philippians 4:13](#): Trust in God's power, not my willpower. What step or action can you take toward making this a reality?

Deeper

Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week. Encourage your group to take time daily to walk through these questions.

Here at The Cove, our mission is to Introduce our friends to Jesus, Learn to follow Him, and Celebrate His Presence in our lives. We want you to be fully equipped with the Word of God by spending time with Him daily through prayer, and through studying His Word with others. We believe this is how you will be equipped to make disciples.

6. Read the two passages below. One speaks of God holding us close, and the other speaks of God letting us go our own way. Beside each, write the key phrases that point to these realities and that minister to or challenge you personally. Then, recall a time when you experienced God's care in either form. Looking back, how did you see God's love reflected in each case?
 - a. [Isaiah 41:8-13](#)
 - b. [Psalms 81:8-14](#)
7. Read [Philippians 1:6](#). Healing happens one issue and one day at a time, as we focus on progress, not perfection. Where are you seeing progress in your life? Share a victory that you have experienced with your Life Group.