

SG

Your group matters.

DISCUSSION GUIDE

- Icebreaker -

Would you rather be able to run at 100 miles per hour or fly at 10 miles per hour?

1. Pastor Tom introduced this series by saying that we're all "driven by something." Understanding what guides, controls or directs you helps you see if you're on the right track God has planned for you. As we consider what drives us in this new series, how do you think you're doing?
2. "When guilt guides, controls and directs us, it produces many unhealthy life patterns." How have you seen or experienced this truth in your own life or those around you? ([Genesis 3:8-10](#))
3. Read [Matthew 5:3-4](#) and the quote from Dr. Martyn Lloyd-Jones in your message notes. How does your understanding of mourning change your perspective about guilt?
4. Have you ever considered guilt to be a gift from God? How should this gift help you to deal with guilt?
5. What steps do you need to take this week being "real about your sins, hurts, pain and discouragement" so you can "experience God's love, comfort, and grace?" [Psalm 32:1-5, 11](#).

Day One: [Matthew 28](#)

Day Two: [Genesis 28](#)

Day Three: [1 Corinthians 12](#)

Day Four: [1 Peter 1](#)

Day Five: [Job 28](#)

This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.

PERSONAL GUIDE



RIVERSIDE CHURCH



Your story matters.

PASTOR TOM LUNDEEN

JULY 3, 2022

GUILT TRIP



MYRC.CHURCH



"GUILT TRIP"

Pastor Tom Lundeen

MESSAGE NOTES

The reality is that every single person...is _____ by something.
Drive = to _____, control, direct.

Recognizing what drives us is important, because God actually wants our life to be driven...but by His _____/purposes/passion.
Many of us at various times in our lives are driven by:

1. _____

When guilt guides, controls and directs us, it produces many unhealthy life _____.

There are those who spend much of their lives running from their _____ or hiding their shame (note [Genesis 3:8-10](#)).

Guilt-driven people are dominated by their past and spend their lives manipulated by their _____.

Guilt _____ our past to control our future...

2. Understanding What Jesus Really Said About _____

(note [Matthew 5:3-4](#))

The pathway to experience freedom from guilt actually starts by recognizing our spiritual _____ and need.

Jesus isn't saying that His followers are to be sour-faced, miserable, grumpy individuals...(note [Matthew 5:3-4](#)).

Mourn = penthos = an external _____ of an internal reality.

As I confront God and His holiness, and _____ the life that I am meant to live, I see myself, my utter helplessness and hopelessness...I must mourn about the fact that I am like that. (Dr. Martyn Lloyd Jones).

Guilt is God's _____ to people with spiritually defective DNA. It is spiritual _____ to warn us that something is wrong, that something we're doing needs to stop.
_____ insensitivity...

Those who are able to let the despair they feel within come to the surface will discover Christ's comfort. Only those people...Some of the most unhealthy, unhappy, hard to be around people are not necessarily _____ people. But for whatever reason - perhaps a family or a church context - they never gave themselves permission to get outside what was going on inside. They are extremely _____ because of this sense of being "bottled up." (Johnson)

The great irony of Matthew 5:4 is that the most _____ people are those who don't mourn, who haven't been turned inside-out by God's Spirit.

So by not *mourning*, guilt becomes a _____ instead of the cure God designed it to be.

WHAT'S DRIVING ME?:

- Note [Psalm 32:1-5](#)
- We will experience God's love, comfort, and grace when we are _____ about our sins, hurts, pain, and discouragement inside.
- So let God's purpose for guilt do its job to turn your _____ to Him.
- Let the Holy Spirit turn you inside-out, and discover guilt doesn't have to _____ your life.
- _____ comes from this kind of *mourning* (note [Psalm 32:11](#)).

Tell someone about the next step you took today in your spiritual journey!

Let us know, too, and fill out our connect card (digital or hard copy).

*[MyRC.link/connect](#) or text **riverside** to **94000**



SMALL GROUP
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"GUILT TRIP"

Pastor Tom Lundeen

MESSAGE NOTES

The reality is that every single person...is driven by something.
Drive = to guide, control, direct.

Recognizing what drives us is important, because God actually wants our life to be driven...but by His agenda/purposes/passion.
Many of us at various times in our lives are driven by:

1. Guilt

When guilt guides, controls and directs us, it produces many unhealthy life patterns.

There are those who spend much of their lives running from their regrets or hiding their shame (note [Genesis 3:8-10](#)).

Guilt-driven people are dominated by their past and spend their lives manipulated by their memories...

Guilt empowers our past to control our future...

2. Understanding What Jesus Really Said About Guilt

(note [Matthew 5:3-4](#))

The pathway to experience freedom from guilt actually starts by recognizing our spiritual poverty and need.

Jesus isn't saying that His followers are to be sour-faced, miserable, grumpy individuals...(note [Matthew 5:3-4](#)).

Mourn = penthos = an external expression of an internal reality.

As I confront God and His holiness, and contemplate the life that I am meant to live, I see myself, my utter helplessness and hopelessness...I must mourn about the fact that I am like that. (Dr. Martyn Lloyd Jones).

Guilt is God's gift to people with spiritually defective DNA.

It is spiritual pain to warn us that something is wrong, that something we're doing needs to stop.

Congenital insensitivity...

Those who are able to let the despair they feel within come to the surface will discover Christ's comfort. Only those people...Some of the most unhealthy, unhappy, hard to be around people are not necessarily bad people. But for whatever reason - perhaps a family or a church context - they never gave themselves permission to get outside what was going on inside. They are extremely frustrated because of this sense of being "bottled up." (Johnson)

The great irony of Matthew 5:4 is that the most unhappy people are those who don't mourn, who haven't been turned inside-out by God's Spirit. So by not mourning, guilt becomes a cancer instead of the cure God designed it to be.

WHAT'S DRIVING ME?:

- Note [Psalm 32:1-5](#)
- We will experience God's love, comfort, and grace when we are real about our sins, hurts, pain, and discouragement inside.
- So let God's purpose for guilt do its job to turn your heart to Him.
- Let the Holy Spirit turn you inside-out, and discover guilt doesn't have to dominate your life.
- Joy comes from this kind of mourning (note [Psalm 32:11](#)).

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