

How Should We Deal with Feeling Guilty? — July 1 & 2, 2017

Follow-up Bible Studies

Written by Maggie Baxter

Day One: Leviticus 16

- Set the scene of this text (1). What is Aaron *not* to do (2)? Why (2)? How do you think it felt for Moses and Aaron to engage this topic with God in the aftermath of the death of Aaron's two sons? When is it a challenge for you to hear what the Lord has to say?
- Summarize how Aaron must enter the Most Holy Place (3-5). What does the Lord command he do with each animal (6-11, 14-15, 18-19, 24-25, 27-28)? What about burning coals and incense (12-13)? List all the things these rituals will atone for (16-19).
- What are the specific instructions for the live goat (20-22, 26)? Next, what must Aaron do to his own garments and body (23-24)? What will this "day of atonement" be like going forward (29-34)? How do you think the hands-on aspects of making atonement each year both blessed and challenged the Israelites? As you reflect on this ancient ritual, what do you sense the Lord speaking to regarding your own guilt, confession and repentance?

Day Two: Psalm 32

- Who is blessed (1-2)? Consider each of David's claims in these verses. How are they similar? How are they distinct? Which one speaks most to your heart? Why?
- What happened to David when he suppressed his guilt (3-4)? When has guilt manifested in your own life and body like this? What advice would you give to someone who is struggling in this way? How can you pray for that person?
- What shift then occurred for David (5)? How do you think this impacted his emotions and body? What should the faithful do (6)? What does David then say about the Lord (7)? What "songs of deliverance" does the Lord sing over you? Drawing inspiration from verse 11, take a moment to respond to this gift.
- Describe God's instruction, counsel and love (8, 10). How should we *not* come to the Lord (9)? Write a few sentences of your own describing the ideal way to approach God when you are guilty.

Day Three: Isaiah 53:4-12

- What did he take upon himself (4, 12)? How did he weather such suffering (7)? Who is *he*? Consider whether pride causes you to struggle to accept Jesus' suffering and sin-bearing on your behalf. Respond in repentance and ask for grace to fully embrace Jesus' guilt-cleansing work on the cross.
- How did we consider Jesus in his suffering (4)? Describe his punishment (5, 8-9). For what crimes (5-6, 8)? What did this punishment bring to us (5)? If any peace or healing is currently lacking in your life, ask God for those things now.
- In what way are we like sheep (6)? What role do you think pride plays in "turning to our own way"? Take a moment to confess and repent of any ways you are currently "going astray."
- Describe the way all of this was shockingly God's will (10). What is the surprising twist in this story (10-12)? How do you think Jesus feels to receive and experience all of these rewards?

Day Four: 1 Timothy 1:12-17

- Why is Paul thankful to Jesus (12)? Describe the circumstances under which he was shown mercy (13). What three things were "poured out" on him (14)? Write down

memories of when God's grace, faith and love have been poured out in your life. Praise the Lord for each item on your list.

- What assertion does Paul urge Timothy to fully accept (15)? What is one reason why Paul thinks he was shown mercy (16)? Read Romans 5:6-8. How does it relate to 1 Timothy 1:15-16? What do these verses reveal about the extent of God's mercy? Why do you think Paul calls himself "the worst of sinners"?
- Describe the way Paul praises and esteems the Lord (17). Reflecting on your continual need for God's forgiveness in order to overcome guilt, praise and esteem him in your own words. What response do you sense from the Lord?

Day Five: Hebrews 10:19-39

- Why should we draw near to God with sincerity and assurance (19-22)? Focus on the phrase "cleanse us from a guilty conscience." What type of conscience do you have: hypersensitive, hardened or healthy? Explain. Ask the Lord for a conscience that detects and responds to guilt as God intends.
- Why should we hold on to hope (23)? Instead of giving up meeting together, what should we do (24-25)? What is one way you can create space for confession and repentance at such gatherings?
- What awaits those who deliberately sin despite knowing the truth (26-31)? What sort of conscience do you think they have?
- Describe the persecution the believers endured (32-34). What reminders does the author give about persevering thanks to the confidence that comes from Jesus (35-39)? Which reminder moves you the most? Why? Talk to God about this.