

The goal of our life should be to always maintain \_\_\_\_\_  
\_\_\_\_\_.

When I have a clear conscience, \_\_\_\_\_, including God can  
point a finger at me and say that they \_\_\_\_\_.

**How to gain a clear conscience**

The wrong way to deal with guilt:

The right way to deal with guilt, Psalm 32:1-5

\_\_\_\_\_ our sin completely, then God will  
\_\_\_\_\_ it. (1 John 1:9)

If we have sinned against someone in addition to God:

- 1.
- 2.
- 3.
- 4.

**The good news for those who've sinned against God**

Who has sinned against God?

What is the good news?

What must I do?

## Dealing with Guilt

Acts 24:16, 1 Timothy 1:18-19, Psalm 32:1-5

When we do something wrong, our conscience lets us know with feelings of  
guilt. We need to learn how to properly deal with guilt so we don't have to  
live with shame, fear, and a guilty conscience.

**Real and false Guilt**

Real guilt

False guilt

**The guilt cycle**

- 1.
- 2.
- 3.

Choice:

Handle guilt correctly and have a \_\_\_\_\_.

Handle guilt incorrectly and have a \_\_\_\_\_.

If we have a guilty conscience, it will be followed by:

- 1.
- 2.
- 3.
- 4.
- 5.