

## “Cancel Your Guilt Trip”

### Psalm 32

Guilt can be a \_\_\_\_\_ or a \_\_\_\_\_. In Psalm 32 \_\_\_\_\_ describes the \_\_\_\_\_ he felt because of his sin and he explains how God helped him finally \_\_\_\_\_ his struggle with guilt.

#### 1. The \_\_\_\_\_ of Guilt. 32:1-2

David felt guilty because he \_\_\_\_\_ and tried to \_\_\_\_\_ it up.

A. The Source of True Guilt - \_\_\_\_\_. John 16:8 The \_\_\_\_\_ uses guilt as a warning that we need to \_\_\_\_\_.

B. The Sources of False Guilt - \_\_\_\_\_. 1 John 3:18-20.

1) Other People 2) Our \_\_\_\_\_ Nature 3) \_\_\_\_\_

#### 2. The \_\_\_\_\_ of Guilt. 32:3-4

A. The Symptoms of \_\_\_\_\_ Guilt.

1) A Recognition You've \_\_\_\_\_ God's Law. Psalm 51:3-4

2) Physical and Emotional \_\_\_\_\_. Psalm 32:3-4

3) Fear of Being \_\_\_\_\_ by God. Psalm 32:4

B. The Symptoms of False Guilt. The main symptom is condemnation toward \_\_\_\_\_.

#### 3. The \_\_\_\_\_ to Guilt. 32:5

A. The Solution for True Guilt. Proverbs 28:13 Once God \_\_\_\_\_ you, there is \_\_\_\_\_ to feel guilty (Romans 8:1).

B. The Solution for \_\_\_\_\_ Guilt. John 10:32

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Turmoil Shame Solution Forgives Conviction Yourself  
Cover Nothing Sinful Condemnation Feeling Rejected  
Overcome David Holy Spirit Symptoms False Broken  
True Satan Fact Sinned Repent Source