

Dealing with Feeling When I Feel Bad

Based on Material from Open.Life.Church

Did you get mad last week, and say no to sin?
Did you find something to work to change?
What's the heaviest thing a person can carry?

Watch: <https://www.life.church/media/konnect/i-feel-guilty>

When you do something wrong, you might feel guilty. You might feel guilty for not doing something that you know you should have done. Ask God to forgive you. He'll help you stop making the same wrong choice. God will give your heart peace.

Silently think of a time when you felt guilty. Remember what it felt like.

Write or draw the situation on a piece of paper.

Pray: God, please forgive us for our sins. Please help us choose your way so we can honour you.

In Jesus' name, Amen.

Completely destroy the piece of paper as a reminder that God has forgiven us.

Discussion.

What made Edison feel guilty?

Who do you think stole the piggy bank?

In today's Bible verse, who is faithful and just to forgive our sins?

How did Jesus show that to the woman in the Bible story?

When you follow Jesus, how many times will God forgive you?

When you ask for God's forgiveness and still feel guilty, what can you do?

What do you think might happen if you hid all your guilty feelings and didn't ever talk about them?

When you follow Jesus, how can you show God you're thankful he forgives you?

Choose a Challenge

Name some helpful people you can talk to when you're feeling guilty.

What can you do to help other people who feel guilty?

Pray about anything shared

Bible reading

Join us for a family Bible plan that follows our "Dealing with Feeling" topics.

<https://bible.com/p/34922455/4d64d81f16b53fb23aa4d62bc454e420>

This weeks material is days 5 and 6 We'll do days 7 and 8 next week!