**CREEKSIDE’S TEACHING NOTES for Sunday, November 4, 2018**

**BREAKOUT #4**

Be Honest . . . You’re Not God. (Get Real Step)

Remember . . . You Matter to God. (Hope Step)

Entrust Your Life to God. (Trust Step)

**Admit your Faults. Acknowledge your Hurts.**

(Come Clean Step)

**“You are only as sick as your secrets.”**

**“You are only as sick as your secrets.”**

**THERE ARE TWO GIFTS GOD HAS GIVEN US TO HELP US ADMIT OUR FAULTS AND ACKNOWLEDGE OUR HURTS.**

**GUILT**

THERE ARE TWO KINDS OF GUILT.

ONE - Good Guilt could be defined as “the mental and emotional voice inside of me that signals when I have sinned.”

TWO - Bad Guilt on the other hand could be defined as “the mental and emotional voice inside me that signals I have done something wrong when in fact there is no reason for me to feel guilty.”

1. HOW DO I TURN OFF THE GOOD GUILT ALARM?

**“When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.”**

Psalm 32:3-4

“Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.”

Psalm 32:5 NLT

How do I shut off the good guilt alarm? I repent. I confess. I admit what I have done is sin.

2. HOW DO I TURN OFF THE BAD GUILT ALARM?

Understand that bad guilt comes from a number of places.

The Bad Guilt Can Come from . . .

 A Poor Understanding of Forgiveness

**And you forgave me! All my guilt is gone.”**

Psalm 32:5 NLT

 Unrealistic Personal Expectations

 Other’s Unrealistic Expectations

 The Accuser, Satan –

**"… the Accuser has been thrown down to earth--the one who accused our brothers and sisters before our God day and night.”**

Revelation 12:10 NLT

1. The guilt must be specific and focused or it is not healthy. General feelings of guilt are not from God. Any guilt that is vague and general is not from God and is not healthy.

2. The guilt must be rooted in Biblical absolutes or it may not be healthy.

3. Guilt that remains when you have dealt with the situation/reconciled is not healthy.

4. Guilt that is based on approval from performance is not of God.

5. Bad guilt is about condemnation. Good guilt is about conviction.

**GRACE**

I am deeply loved by Jesus Christ and I have done absolutely nothing to earn it or deserve it.

**Grace is a GIFT** –

Grace is a gift from God. It is always, only, ever a gift.

**Grace is REQUIRED** –

**As for you, you were dead in your transgressions and sins, in which you used to live . . . we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one
 can boast.**

Ephesians 2:1-9

**“You are only as sick as your secrets.”**