



It is so easy for us to get wrapped up in guilt and shame. We can really miss out on a lot of good things if we are feeling guilty about things we've already been forgiven for!. That's why it's so important not to rely on our feelings, but on God's word! Take some time to answer the reflection questions below or, if you'd like, discuss them with someone else. It's up to you!

## REFLECT

When was a time you felt guilty for something? Did you ask for forgiveness?

Do you ever still feel guilty even after being forgiven? What did you do or think about?

Why did Peter feel guilty? Should he have felt guilty since he was already forgiven??

Peter was able to do so much for Jesus once he stopped feeling shame for something he was forgiven from. Do you feel guilty about anything? If you haven't asked for forgiveness, do you want to? If you have, then there is no reason to feel shameful. You are already forgiven!

Let's dig deeper into our blueprints and find some more truths about what the bible has to say about being too critical of ourselves and others. Write down your thoughts on each verse below.

1 John 1:9

Romans 8:1

Micah 7:18-19