



PARENT GUIDE

EMOTIONS HOW TO STOP FEELING GUILTY MARCH 22, 2020

Say the point and Bible verse together.

I can ask God to give me grace when I feel guilty.

1 John 1:9 NLT

... if we confess our sins to him, he is faithful and just to forgive us ...

In the Bible verse, who is faithful and just to forgive our sins? God; His Son, Jesus

Discussion Questions

1. **What does it mean to feel guilty?** *Feeling bad about something you did or a mistake you made*
2. **When you follow Jesus, how many times will God forgive you?** *As many times as you ask Him to*
3. **When you ask God's forgiveness and still feel guilty, what can you do?** *Remind yourself you're forgiven, forgive yourself, talk to someone about it, etc.*
4. **What do you think would happen if you hid all your guilty feelings and didn't ever talk about them?** *Answers will vary*
5. **When you've chosen to follow Jesus, how can you show God you're thankful He forgives you?** *Tell Him, ask Him to help me choose not to sin, etc.*

Action Step Questions

1. **Name some trusted adults you can talk to when you feel guilty.** *Answer will vary.*
2. **What do you think you can do to help other people who feel guilty?** *Help them ask God's forgiveness, listen, help them talk to a trusted adult, etc.*

Pray together

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for the forgiveness we have in Jesus. Please help us talk to You when we feel guilty. In Jesus' name, amen