

## You're Not Your Mistakes | Week 3

### Introduction

Guilt whispers "I owe you" when we do wrong, but if left unaddressed, it transforms into shame—changing "I did something wrong" to "I am something wrong." Confession breaks guilt's power, and Jesus has already paid our debt in full.

### Conversation Starters (10 minutes)

- What minor infraction did you commit as a child that you did not tell anyone about?
- How have you experienced God's forgiveness recently? What impact did that have on you?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

### Group Discussion (45 minutes)

1. What guilt is it time for you to let go of?
2. Think about a time when you carried guilt around for too long. How did it affect your relationships, your mood, or how you saw yourself?
3. Read [Psalm 32:1-5](#).
  - In what ways can you relate to the physical and emotional effects of guilt and confession that David experiences in this passage?
4. Read [2 Corinthians 7:10](#).
  - Share a few examples of "godly sorrow" and "worldly sorrow" from your own life and experiences.
  - Are there any "worldly sorrows" that can be transformed into "godly sorrows?" If so, how?
5. Has confession been a regular part of your relationship with God, or is it new for you?
  - What has helped you in the past? (Or what have you found difficult?)
  - In what ways have you experienced freedom through confession?
  - What new rhythms would you like to start in the realm of confession?
6. What step can you take this week to address an area of guilt in your life?

### Prayer (5 minutes)

*Jesus, thank you for paying our debt in full. We bring before you now the guilt we've been carrying, acknowledging our wrongs and receiving your complete forgiveness. Help us to walk in the freedom you've provided, refusing to carry what you've already taken away. Protect us from shame that attacks our identity, and remind us that we are your beloved children. Give us courage to practice confession regularly, both to you and to others when appropriate. Amen.*

## Announcements (5 minutes)

- If you are interested in learning more about how to read, interpret, and apply Scripture, we invite you to check out Sun Valley University. Our next course, Theology, begins Tuesday, July 8. Check out [svu.sv.cc](https://svu.sv.cc) for more information.
- This will be our last series with group notes for the semester. Group notes will end the week of June 1 and will resume the week of August 11.
- Start planning a couple of times for your group to connect over the summer. One social and one service gathering is a good guideline. Check our [Serve Your Community page](#) for some ways to serve together!