



SERMON DISCUSSION GUIDE

October 19, 2025

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Sermon Discussion Guide

Series: Mind Wars

Sermon: Guilt

Recap the Highlights:

Guilt is an emotional experience that arises when we believe we have done something wrong or failed to meet our own standards. Guilt is the result of having violated a specific rule or law.

Psalm 32:1-7

Our Spiritual enemy knows how to use Guilty to...

1. Destroy our **Confidence** vs. 4b, "my strength evaporated like water in the summer heat."
2. Devastate our **Relationships** vs. 3, "When I kept silent..."
3. Damage our **Body** vs. 1, "my bones wasted away... and I groaned all day long."

Principle #1 - **Replace** the enemy's lie with TRUTH.

We must call out the lie based on our identity in Christ. We are no longer slaves to sin, but SONS and Daughters of the KING with access to HIS victory on the cross - which, according to Colossians 2:15, He disarmed the powers and authorities... (making) a spectacle of them.

Principle #2 - **Renew** your mind.

Rather than allowing the enemy's thoughts to run rent free in our minds - we follow Paul's instructions in II Corinthians 10:5, "...we take captive every thought to make it obedient to Christ."

Principle #3 - **Reframe** your perspective.

Our perspective must move from us protecting ourselves and excusing ourselves to us repenting/confessing our faults - this takes humility, surrender, and transparency.

Principle #4 - **Rejoice** in HIM.

Forgiveness is God's thing, and through Christ, He did it completely - from the deliberate to the deviate; from the unintentional to the outright treacherous. So no matter what's going on in your life, no matter how you feel or what you've done/not done - He is worthy of ALL our PRAISE!

Now Dig Deeper:

1. Read Psalms 32:1-7 and discuss.
2. From this series and these principles, what has helped you the most and what is something that you keep with you moving forward?
3. Discuss times when guilt has taken over your entire thought process. Were you able to overcome it? Will you be able to overcome it in the future?
4. Finding Freedom for yourself might be releasing guilt and shame - use this time as a group to discuss what is holding you back from finding freedom.

Respond & Pray:

Pray for God to help you know that your value is in HIM and that we have the power through him to break the chains of any guilt.