

Remove guilt from your life



Spiritual Self Defense basic technique #6 of 6. The presence of guilt in your life is like the “check engine” light in your car—its a signal that something is wrong, but it doesn’t necessarily tell you exactly what’s wrong. That’s why we need to through a simple troubleshooting process to get at the cause and repair it. Here’s how.

Instructions:

1. Write as much as you want, or
2. Write as little as you want, or
3. Draw pictures instead of writing, or
4. Don’t put anything in the blanks, or
5. Do whatever you want. This is here to help you keep track of where you are in the process.

IMPORTANT NOTE: Does this work every time for every person? No. But it might work right now for you. While this is safe for most people, if you are a survivor of trauma, have P.T.S.D. symptoms or other mental health concerns, DO NOT do this without the help and guidance of a trained counselor.

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Guilt comes in two forms: True guilt and false guilt. True guilt results when we violate God’s commandments. False guilt occurs when we take the blame for something that isn’t our fault or when we mistake our innocent actions for evil. Sometimes we can be forgiven and still feel guilty. This one-page guide helps with all these scenarios.

<p>Check your connection with Jesus.</p> <p>One of the benefits of inviting Jesus to take ownership of your life is that all your sins are forgiven. See the Spiritual Self Defense one-page guide, “Connect with Jesus in a meaningful way,” available at ssdcourage.com.</p>	
<p>Focus on the guilt you are feeling. Is it connected with something specific you did? Were your actions sinful? If no, then skip this step. If you’re not sure, then ask Jesus.* If yes, then are you willing to agree with God that what you did was wrong? If yes, then confessing your sin to God is the next step. You can use this prayer or something like it: <i>Father God, here’s what I did: [Name or describe the sin.] I know it was wrong, and I am sorry. Please forgive me. Please clean me on the inside so I won’t desire this sin ever again. If there’s something I need to do to make things right with other people, please make that clear to me right now.</i> If you’ve finished this prayer, or if you’re not yet willing to agree with God that what you did was wrong, then take the steps described in Spiritual Self Defense one-page guide #5, “Bypass forbidden fruit,” available at ssdcourage.com. *If you’re not sure if your actions were sinful, it would also be wise to ask a godly mentor. If you need to apologize to another human or make restitution, you may want to make a note here:</p>	
<p>If the above two steps do not remove the feeling of guilt, then let yourself focus on that feeling and see what comes into your mind. Where does your mind go as you focus on these feelings?</p>	
<p>Beliefs</p> <p>What feels true? (Different than what you <u>know</u> to be true. If this feeling could talk, what would it be saying? Or, if you’re in a memory (see right column) what feels true in that memory?)</p>	<p>Memories</p> <p>What (if any) memories come to mind when you focus on this feeling?</p>
<p>Are you willing to receive whatever Jesus has for you in this painful place? (If yes, just say yes to Jesus.) (Feel free to write down what Jesus shares with you.)</p>	
<p>What has changed? What feels true now? (Thank You, Jesus!)</p>	
<p>Too scary? Overwhelmed? Too intense? You probably need to work with a trained counselor or highly skilled transformational prayer minister. They can help create a safe place for you to process your feelings.</p>	
<p>Stuck? No problem. Happens to all of us sometimes. You’ll find ways to get unstuck in Chapter 5 of Dwight Clough’s <i>Spiritual Self Defense</i>. See kim51.com/books</p>	

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