



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF JUNE 19, 2006



**“The Emotional and Spiritual Connection:
Erasing Guilt Messages”**

**Featuring:
Dr. John Townsend**

I. Introduction

How effective has guilt been in stopping my problem behaviors?

Definition of Guilt:

Guilt is a self-attack arising from the perceived transgression of a standard

II. Aspects of Guilt

1. Guilt is perfectionism turned upside down
2. Guilt is global
3. Guilt, as an emotion, is not taught in the Bible
4. Guilt comes from our conscience

2 Kinds of Conscience:

1. Weak
2. Seared

III. Effects of Guilt

1. Guilt cuts off relationships
2. Guilt prevents success/achievement
3. Guilt prevents confronting

IV. Resolution of Guilt

Godly Sorrow

How to determine if you are feeling guilt or godly sorrow:

| | | |
|---------------------|---------------------|---|
| | <u>Guilt</u> | <u>Godly Sorrow</u> |
| Time: | Past | Present/Future |
| Subject: | About Me | About Us |
| Conflict: | Punish Myself | Reconnect/Apologize |
| View of God: | Judge | Someone who is loving, gracious and healing |

V. Tips to Change from Guilt to Godly Sorrow

1. Learn to receive love
2. Learn to forgive
3. Get honest about critical relationships

Next Week on “Solutions”

“The Emotional and Spiritual Connection: Grief: The Good and Bad News”

Resources:

BOOKS:

Rescue Your Love Life

By Drs. Henry Cloud and John Townsend
www.integritypublishers.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Hiding From Love

By Dr. John Townsend
www.zondervan.com

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