If you come close to God...and yield your life to Him... He can break the hold of whatever you think is holding you back and give you a <u>blessed</u> life. Because God is greater.

Guilt is an internal warning system. 1 Timothy 4:2

God uses guilt to lead us to honesty, to confession, and to forgiveness.

1 Corinthians 4:5, Psalm 51:1-3, Psalm 51:4-6 (The Message)

Secret sin cannot coexist with inner peace. Proverbs 28:13, Psalm 32:1-5 (NLT)

From God's Perspective, Guilt is:	If We Refuse to Address and Confess our Guilt, it Becomes:
G od's	Grief
U nique,	Used
Intentional,	In
Loving	Lifelong
Treatment.	Torment.

Unaddressed guilt morphs into a sinister sense of shame.

The problem with an unresolved past is that if you don't address it, it doesn't just affect you emotionally - it corrupts your identity.

- In God's eyes in <u>Christ</u>, you are the treasured child of the Most High God. 11 Corinthians 5:17
- The dangerous weapon <u>Satan</u> wants to use against us is shame.
- But shame has a dangerous, dangerous enemy called grace. 1 John 1:9

The Bible also teaches us that freedom from the past comes even faster when we confess the same sins we've confessed to God to a trusted <u>friend</u>. *Philippians 4:6*

Three Conversations That Will Provide Me With Peace:

- 1. "Lord, please forgive me." Matthew 18:15
- 2. "Help me understand." James 5:16
- 3. "Am I crazy?"

Ephesians 3:16-18 (NLT)

If you believe in Jesus...and you believe Him...and you act on what you believe, you will find that God is greater than the pain and problems of your past.

Five for the Drive

A family conversation starter for the ride home

- 1. How can guilt and shame be like a prison?
- 2. What does forgiveness through Jesus Christ mean to you?
- 3. Why is forgiving yourself or someone else essential to being free from guilt and shame?
- 4. Who do you need to forgive?
- 5. What steps can you take so that your life reflects forgiveness of sins and freedom from guilt and shame?

Ministry Opportunities

For more information about these and other events, go to SavannahChristian.com/Events.

Step Into The Deep - Women's Retreat

5:30 p.m. Friday, Oct. 11 - 1:30 p.m. Saturday, Oct. 12

Epworth by the Sea, St. Simons Island, GA

Ladies, step away from the busyness of life and join us for this secluded, overnight retreat. Experience what it means to be planted like trees near deep waters to find your strength in Him. The retreat costs \$100 (2 per room) or \$80 (4 per room). Purchase your ticket from a Connection Kiosk, The Source bookstore or online at SavannahChristian.com by Monday, Oct. 7. Contact Nikki at NBird@SavannahChristian.com for more information, carpooling advice and directions.

Men's Recharge Retreat

6 p.m. Friday, Oct. 18 – 2 p.m. Sunday, Oct. 20

W. W. Mann Center, Statesboro, GA

All men are invited to join us for our annual weekend retreat of fellowship, worship, discipleship and spiritual recharge. Come along, build friendships and recharge your walk with Christ. The retreat costs \$75. Purchase your ticket from The Source bookstore by Sunday, Oct. 6.

FPU Extreme

5 - 9:30 p.m. Friday, Nov. 1 and 8:30 a.m. - 4:30 p.m. Saturday, Nov. 2

Adult Ministry Center across the street

Learn practical skills for managing money from a biblical perspective in this condensed version of Dave Ramsey's Financial Peace University course. Topics include personal savings, eliminating debt, investing for retirement, wealth-building and more. \$15/person covers three meals and snacks, and there is a \$99 charge for a membership kit. Families may share materials. Get your ticket online at SavannahChristian.com by Thursday, Oct. 24.

FIGHT – Simulcast with Craig Groeschel

9:45 a.m. – noon Saturday, Oct. 26

Adult Ministry Center Auditorium

After Men's Breakfast, Savannah Christian is hosting Craig Groeschel's simulcast, "FIGHT." All men are invited to attend this inspiring teaching session. Uncover who you really are – a man created in the image of God with a warrior's heart. Be equipped to fight the battles that matter most; the ones that determine the state of your heart, the quality of your marriage and the spiritual future of your family. No registration required.