

## Gathering Up The Garbage (Taking Out The Garbage #2)

What does guilt do to us?

...Guilt ***Destroys confidence***

...Guilt ***Damages Relationships***

...Guilt keeps us ***Stuck in the past***

Take a ***personal moral inventory*** (Mark 11:22-26, p.692)

Accept ***responsibility*** for our ***faults*** (1 John 1:8, p.832)

Ask God to ***forgive us*** (1 John 1:9-10)

Accept God's ***forgiveness*** and ***forgive*** myself (Romans 3:10, 22-24, p.769)