

Study Guide: Winning The Inner War

Chapter 3: Putting Your Past Behind You

The Reality of Guilt

1. What must you deal with before you can experience freedom in the future? How does Paul do this in Phil 3:13-14?
2. Who is particularly adept at using your past to ruin your future? (31) What two lies does he tell according to James Stalker? (32)
3. What does the Bible call the Devil in Rev 12:10?
4. What two precious commodities does God offer. How are these described in Isaiah 1:18? (33)

The Consequences of Guilt

1. Complete the quote: "Living with Guilt is like . . ." (34)
2. Name some of the consequences Guilt has on people (34)

Principles for Handling Guilt

1. What is God's will for you in regard to guilt? (35)
2. What is the first step toward finding freedom from guilt? (35)

3. In order to separate real guilt from false guilt we need to recognize that God does not convict us for and _____ but rather for _____?(35)
4. According to Col 2:13 what event included a sacrifice for all sin's – past, present, and future? (36) How does that truth lay the foundation for the second step in dealing with guilt? (36)
5. In John 19:30 what does the words "It is finished" mean in relation to your sin? (36)
6. How many times must a sin be confessed to be forgiven? (37) For what reasons do some people feel they need to reconfess? (37)
7. What is the secret to avoiding this trap? (38)
8. What three passages does the author suggest for memorization that will help a person struggling with guilt? (38)
9. Once sins are confessed to God, what last step must we take to make sure we have done everything we can to make things right? (38)
10. If you have approached a person in the right spirit and they refuse to forgive you should you still feel guilty if they refuse to forgive you? (39) What does God command in regard to forgiveness in (Eph 4:32)?

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5. What must you deal with before you can experience freedom in the future? How does Paul do this in Phil 3:13-14?
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7. What does the Bible call the Devil in Rev 12:10?
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The Consequences of Guilt

3. Complete the quote: "Living with Guilt is like . . ." (34)
4. Name some of the consequences Guilt has on people (34)

Principles for Handling Guilt

11. What is God's will for you in regard to guilt? (35)
12. What is the first step toward finding freedom from guilt? (35)

13. In order to separate real guilt from false guilt we need to recognize that God does not convict us for and _____ but rather for _____?(35)
14. According to Col 2:13 what event included a sacrifice for all sin's – past, present, and future? (36) How does that truth lay the foundation for the second step in dealing with guilt? (36)
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19. Once sins are confessed to God, what last step must we take to make sure we have done everything we can to make things right? (38)
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