



## COPING WITH GUILT AND FEAR

### No Condemnation

July 16, 2022

## 1 PREPARING

### A. THE SOURCE

**Isaiah 44:8 (NIV)** • “Do not tremble, do not be afraid. Did I not proclaim this and foretell it long ago? You are my witnesses. Is there any God besides me? No, there is no other Rock; I know not one.”

**Luke 1:74 (NRSV)** • “That we, being rescued from the hands of our enemies, might serve him without fear.”

**Philippians 1:14 (NRSV)** • “And most of the brothers and sisters, having been made confident in the Lord by my imprisonment, dare to speak the word with greater boldness and without fear.”

**Joshua 10:25 (NIV)** • “Do not be afraid; do not be discouraged. Be strong and courageous.”

**Romans 8:15 (NLT)** • “So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, ‘Abba, Father.’”

(See additional passages in student material.)

“I often visited families and engaged in earnest prayer with those who were oppressed by fears and despondency. My faith was so strong that I never doubted for a moment that

God would answer my prayers, and without a single exception the blessing and peace of Jesus rested upon us in answer to our humble petitions, and the hearts of the despairing ones were made joyful by light and hope” (*Testimonies for the Church*, vol. 1, p. 55).

### B. WHAT’S TO BE SAID ABOUT “COPING WITH GUILT AND FEAR”

Fear and guilt are two of the most crippling emotions one can experience. Casting a dark shadow over our lives, these emotions discourage growth. When under a load of fear or guilt, you become stagnant, incapable of moving forward in life. People need to feel a release; they need to feel they are free from the holds fear and guilt have on their lives. This is especially true among earliteens, who desperately need to grow and move forward. They are constantly looking for a way to escape these feelings. They need affirmation. They need to be told that God is working all things together for good. And most important, they need to know that, with God, they can lead lives free of guilt and fear.

### C. WHERE WE’RE GOING WITH “COPING WITH GUILT AND FEAR”

As a result of this lesson we would like the students to be able to:

1. Understand the effects of guilt and fear on their lives.

2. Understand the causes of these emotions.
3. Trust Jesus fully to relieve their guilt and fear.

#### D. MATERIALS NEEDED

**Beginning** • (Activity A) six index cards, paper, and pencils.

**Connecting** • Bibles, student lessons, white/chalkboard, markers/chalk.

**Applying** • Five index cards for each student, pens or pencils, box, trash bag.

## 2 BRIDGING

### A. THE WEEK IN REVIEW

**Allow 10 minutes as students are arriving to:**

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
3. Say the Bible memory text either individually or in a group.

### B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at [www.realtimefaith.net](http://www.realtimefaith.net))
- >> Service project reports

## 3 BEGINNING

**NOTE TO TEACHER:** Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

### A. BEGINNING ACTIVITY

**Get ready** • Divide students into six groups. If you have too few students for six groups, eliminate some of the discussion questions.

**Get set** • Set up six different tables with an index card at each with one of the following discussion statements.

#### Table 1

You are standing at the top of a mountain. Even though there is fencing all around the edges, you are afraid to go near the edge. You should just ignore or suppress how you feel.

#### Table 2

You were just caught skipping class. You face a chance of being suspended. You're scared. You ought to be.

#### Table 3

"There is no fear in love, but perfect love drives out fear, because fear involves punishment, and the one who fears is not perfected in love" (1 John 4:18, NASB).

#### Table 4

A tornado watch has been posted. You know the storm may come your way because others have often come near your town. You are afraid. This fear is childish. You should try to ignore or repress your fear.

#### Table 5

"The Lord is my light and my salvation; whom shall I fear?" (Psalm 27:1, NRSV). According to this text, Christians should fear nothing.

#### Table 6

"No other victory we can gain will be so precious as the victory gained over self" (Ellen G. White, *The Ministry of Healing*, p. 485).

**Go** • Have each group go from table to table reading, then discussing the statement. Then the groups vote to agree or disagree with the statement. Have each group keep record of their votes. After each mini-discussion the groups rotate. After the groups have visited all the tables, total up the votes for all the statements and discuss the findings.

**Debriefing • Ask:** Are any of the fears discussed relevant to you? What makes something scary? What fears do we tend to bring on ourselves? How do you respond to fear?

## B. BEGINNING ILLUSTRATION

**In your own words, tell the following story:**

It's the day of the huge midterm in algebra. Bob, 14, is sweating big time. He can never understand this stuff. No matter how hard he tries, how much he listens, how many notes he takes, he can't get it. But here it is—the midterm. Bob sits at his desk waiting for the tests to be passed out. After what seems like hours, the teacher comes in and casually announces she has an emergency and the test will be taken on an honor system basis. There will be no supervision today—she trusts them. Bob is stunned; this is like an answer to prayer! He can simply ask friends for the answers. No summer school for him!

The next week Bob gets his paper back and, of course, it's perfect, and his teacher compliments him on the great improvement. But something feels wrong. He keeps thinking about what he did and how he got away with it. All of a sudden a rush of paranoia hits him. What if someone saw him cheating and tells on him? What if his parents find out? All these questions, all this fear is getting to be too much to bear. Then guilt hits him—hard. He remembers all the times he was told not to cheat, all the times he swore he would never cheat. But whatever he does now cannot change what he has already done. And that makes him feel even worse.

Bob is now at a crossroad. He can confess that he cheated on the test and relieve his fears and guilt or he can keep the A+ and suffer through his pain. What should he do?

**Debriefing • Ask:** What would you do in Bob's situation? What are some of the ways you cope with fear and guilt? What do you think Bob should do?

## 4 CONNECTING

### A. CONNECTING TO THE KINGDOM

**Present the following ideas in your own words:**

Emotions such as guilt and fear have been around for a long time. We can see people in the Bible—Adam, Abraham, Jonah, and many others—struggling with these feelings. The one thing that sets these amazing people apart is their ability to overcome the feelings of guilt and fear.

Guilt and fear plague us all; it's a fact. What matters is how we deal with these emotions and how we overcome them. Our usefulness as agents in God's kingdom is affected by the way we deal with guilt and fear. A big part of being part of the kingdom is representing God in the best way possible while winning more citizens to the kingdom. That can be difficult to do when you're held back by fear. It is hard to believe in an all-knowing, all-powerful God when so-called Christians are too afraid to claim Him as their own. It is hard to believe in a forgiving God when believers of that God are wallowing in self-pity and guilt. We are all agents in God's kingdom. That is a strong statement to make. With that statement comes responsibility, responsibility to be the best Christian you can, the best representation of Christ. First John 4:18 gives us some idea of how these ideas all fit together.

Have student volunteers find and read texts from the student lesson as well as those listed at the beginning of the teacher lesson. After each verse is read, ask the students to suggest what advice or information it has to inform a kingdom citizen of how they should deal with fear and guilt.

### B. CONNECTING TO THE LESSON ILLUSTRATION

**Ask someone beforehand to read or tell the story from Sabbath's section of the lesson.**

**Ask:** What do you think was Sue's problem? (Hiding her disobedience, guilt at not telling her mother the truth, lying, fear of the truth being found out.)

**Ask:** Why would living with fear and guilt get in the way of living an effective life as a child of God? (It is difficult to stand for what is right when you feel guilty about something you've done wrong. Fear shows a lack of trust in God's forgiveness and love.) Is there a time to fear and a time not to fear? (Fear is okay when we are in danger, fear may help us know we have done something wrong. When we are afraid, we should pray and ask God to help us. We should always trust God.)

### C. CONNECTING TO LIFE

**Present the following ideas in your own words:**

Throughout the Bible there are instances in which fear and guilt kept people from reaching their full potential. It started with Adam. He felt such guilt after disobeying God's command that he ran and hid when God called him. Jonah's fear of going to Nineveh prevented him from doing what God wanted him to do. Later, on the ship to Tarsus he felt guilty and responsible for the troubles in the sea. This is still true today. Hanging on to fear and guilt is detrimental to our growth as Christians.

Have students find and read **1 John 4:18**.

**Ask:** How do you think the ideas of love, fear, and guilt are related?

Refer to the list of Bible passages in the student lesson, or list them where all can see. Assign each text to a volunteer to read aloud. Altogether, or in small groups, have students present a potential experience in the life of an earliteen in which that particular promise might be of special significance. For example, **John 16:33** might be especially meaningful to someone whose family is having problems.

If time permits, give your students these passages and create a list of everything they learn about God's forgiveness: **1 John 1:9; Isaiah 43:25; Psalm 103:11, 12; Hebrews 10:17; Matthew 18:21-35; 1 Corinthians 13:5; Romans 8:1-4**.

**Debriefing • Say:** Throughout history people have used Scripture as a comfort in times of

trouble. **Ask:** What makes some of the verses we have just read special to you? Having knowledge of Bible promises along with just knowing that God is with you at all times can be a great help, especially when you are dealing with feelings of guilt and fear.

## 5 APPLYING

### A. APPLICATION ACTIVITY

Distribute five index cards and pens or pencils to each person. Ask them to write one fear or guilt (not too personal) on each. Then bring a box or other large container and let students take turns (or all together) trying to flip their cards into the box without bending or folding them.

Once all the cards are in the box, put the box in a trash bag and tie it up. Then have the students go with you to a trash bin or dumpster and throw away the bag.

**Say:** When we ask Jesus to take our fears and guilt away, He does! And He doesn't remember them anymore.

**Say:** We've just learned that to overcome feelings of guilt and fear we must claim the many promises in the Bible and trust God to fulfill them. Let's read one additional verse: **1 Peter 5:7**.

After the verse has been read, offer a prayer claiming what is promised in **1 Peter 5:7**.

### B. APPLICATION QUESTIONS

1. What are some fears that bother you?
2. How can fear keep you from being an effective witness?
3. What are some things fear can prevent you from accomplishing?
4. When, if ever, is guilt a good thing?
5. What causes one to feel guilty?
6. What are some common ways people cope with guilt?

## **6** CLOSING

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### **SUMMARY**

**In your own words, conclude with the following ideas:**

By now you should be equipped with all the

weapons you need to fight off the occasional attack of guilt and fear. Armed with the power of prayer and the comfort of Scripture, you are well on your way to being able to cope with the crazy emotions life throws at you. And remember the most powerful weapon of all—Jesus. When you feel lost and alone, call on Him. Trust Him to take away your fears and free you from your guilt.



## STUDENT LESSON

### COPING WITH GUILT AND FEAR No Condemnation

July 16, 2022

#### Sabbath

#### FOR STUDY

- » **Memory Text:** “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?” (Psalm 27:1, NKJV).
- » **Our Beliefs, no. 9, The Life, Death, and Resurrection of Christ:** “In Christ’s life of perfect obedience to God’s will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator. This perfect atonement vindicates the righteousness of God’s law and the graciousness of His character; for it both condemns our sin and provides for our forgiveness.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 115, 116

#### NO CONDEMNATION

“Sue knew she wasn’t supposed to get into someone else’s belongings, but she just wanted to see the display of her mother’s colorful scarves. Her favorite, the multicolored blue silk, had so many blues and the silver threads in it shimmered when it moved. Sue had reached up to just touch it, but then found herself twirling around with the scarf flowing behind her. “Rip-p-p-p.” Sue stopped

and looked at the scarf. There was a huge gash in the once beautiful scarf. Sue decided the best thing she could do was get rid of the destroyed scarf and let mother think the scarf had been lost. Even though it has been many years since this happened and Sue is a mother herself, she thinks and dreams about that scarf. She is still afraid of what her mother would say and do if she ever found out the truth. Sue carries the guilt of disobeying, being deceitful, and lying. She wonders if the terrible headaches she has had over the years are the result of her guilt and fear.”—Kathleen Sowards.

“When we sin, two things usually happen. One is that we become afraid. We are afraid of our sin becoming known and what the consequences will be. And the other, we try to hide what we have done, and sometimes we go so far as to lie to try to cover up our sin. Then we try to bury it. We don’t want to think about what we’ve done, and we don’t want to deal with the guilt of the sin or the hiding of it.

“Jesus pointed out our basic problem to Nicodemus. He said, ‘Light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed’ (John 3:19, 20).

“Some people will be lost because they turned away from the light. They are afraid of being exposed. Guilt can never be solved until we acknowledge that we have sinned. Guilt is not to be swept under the carpet. It is a sign pointing us to the cure. People have a chronic

problem with guilt only if they keep ignoring it.

“The purpose of guilt is to lead us to the one who takes away the sins of the world (John 1:29). It is to lead us to the Savior, who delivers us from condemnation. Today, let the guilt of your heart lead you to the Savior of your soul. Don’t deny it. Acknowledge it and flee to Him.”—Mark Finley, *Solid Ground*, pp. 239, 240.

*Have you ever done something that you were afraid to admit you did? Did you feel guilty? Have you confessed and made right the wrong you did? What was the result?*

## Sunday RESPONDING

- » Read Psalm 27:1.
- » *Poor Richard*, thought George. *No one likes him, and everyone picks on him.* He wondered if Richard felt bullied.
- » The next day George and his friends went to a festival in the park. There were lots of people, and everyone seemed to be having a good time. George saw a large group of people standing on a hill looking down the other side at a pond. He and his friends went to see what everyone was looking at. At the bottom of the hill next to the pond they saw a group of boys teasing, pushing, and tormenting Richard. Richard would look up at the group of people and call out for someone to help him. But no one did. Put yourself in George’s place. You are watching a group of people terrifying someone unable to defend himself. Watching the attack, you are overcome with feelings of fear, anger over the injustice, and a sense of duty to do something about it. What do you do? Do you step out of the crowd to help? Would you feel guilty for not helping? Would you allow fear to affect your actions? What holds do guilt and fear have on your life?

## Monday

### BIBLE ANSWERS ON THE LIFE, DEATH, AND RESURRECTION OF CHRIST

- » Read Romans 8:3, 4; 1 John 2:2; 1 John 4:10.
- » Jesus is our Savior and Redeemer. Every person, other than Jesus, who has ever lived and will ever live on this earth has sinned. And because of our sins we carry guilt, shame and often fear of our sin being found out. But, Jesus has paid the price for our sin. And if we accept His gift of grace, we are forgiven.
- » How can you let go of any sins you are guilty of hiding?

#### God’s Love

- » Answer the questions by unscrambling the words in the second column. Write the answers in the third column. Check your answers by looking up the Bible references. References are from the New King James Version.

Whom did Jesus die for?	reveohw seveileb ni miH		John 3:16
Who has power?	noS fo doG		Romans 3:25
The truth about Jesus’ death and life is found where?	eht serut- pircS		1 Corin- thians 15:3, 4
Whom does Christ represent?	eht stiufr- tsrif. fo esoht ohw evah nellaf peelsa		1 Corin- thians 15:20-22

What was God doing through Christ?	gnilicocer eht dlrow ot flesmiH		2 Corinthians 5:19
What did Christ leave us, and what are we to do?	na elp-maxe, that uoy dluohs wollof siH spets		1 Peter 2:21, 22

## Tuesday REFLECTING

- » Read Psalm 56:3, 4.
- » There are 530 recognized phobias in the world. That translates into a lot of scared people. People have fears of many different kinds—from water to fire to French culture. Maybe you don't have a huge debilitating phobia, maybe you do. But something everyone feels at times is guilt. Guilt has a way of casting a shadow on our lives.
- » Guilt and fear have plagued humanity since the beginning. Adam and Eve hid from God in the garden because they felt guilty for what they had done. Abraham lied to Pharaoh because he was afraid he would kill him and take Sarah.
- » There is only one way to fight these two emotions—trust. Complete trust in Christ. Because only He has the power to forgive and relieve guilt. The Bible says, "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline" (**2 Timothy 1:7, NLT**). Use that spirit; don't hide behind a dark cloud of guilt and fear. Trust God and use the power He has given you.

## Wednesday BIBLE INSIGHTS

- » Match the Bible statement with the correct Bible reference. Bible texts are from the New King James Version.

A. 2 Timothy 1:7	B. 1 John 1:9	C. Matthew 10:31
D. Deuteronomy 20:3, 4	E. Matthew 18:31-35	F. Psalm 103:11, 12

1.	"... I forgave you all that debt because you begged me. . . ."	
2.	"... He removed our transgressions from us . . ."	
3.	"... for the Lord your God is He who goes with you . . ."	
4.	"Do not fear therefore . . ."	
5.	"For God has not given us a spirit of fear . . ."	
6.	"... He is faithful and just to forgive . . ."	

## Thursday CONNECTING

- » Read Psalm 23.
- » Review the memory text.
- » As a Christian, you know God is watching and protecting you always. You've heard **Psalm 23** read again and again. You know forgiveness is freely given to all who ask. Yet feelings of guilt and fear can have such a hold on your life. You hear terrible things on the news, and suddenly, you're scared to leave the house. You do something wrong and feel guilty for weeks. Wouldn't it be better to simply trust God to help and protect you? Wouldn't it be less stressful just to ask for forgiveness? It's that simple!



Friday  
**APPLYING**

- » Read 1 John 4:18.
- » Someone came up with the idea of “disposable guilt bags.” All you had to do to get rid of guilt was to place the bag over your mouth, breathe deep, exhale all your guilt into the bag, and throw the bag away! The amazing thing is that 2,500 kits of “disposable guilt bags” sold for \$2.50 per kit. Is it possible to dispose of guilt this way? The issue of guilt is huge, and it is not something we can fix by blowing into a bag or doing anything else on our own. It is only through Jesus that we can be forgiven and our guilt removed so we can be clean and new.
- » Do you feel guilty about something? This week, open your heart to Jesus, your Best Friend. Share your deepest fears with Him. Give your guilt and fears to Jesus.
- » Unscramble the following Bible verse and answer the following questions. The Scripture passage is from the New International Version.

John perfect not fear has there love the 1 but made fears in do because no love punishment fear 4: who in one love is drives perfect out 18 fear to is with

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1. What does God not want us to experience?  
\_\_\_\_\_
2. What does fear bring? \_\_\_\_\_  
\_\_\_\_\_
3. What drives fear out? \_\_\_\_\_  
\_\_\_\_\_
4. Where does perfect love come from?  
\_\_\_\_\_
5. What do you feel God is calling you to do for Him? \_\_\_\_\_  
\_\_\_\_\_
6. What can you accomplish for God if you allow Him to remove the fear in your heart?  
\_\_\_\_\_
7. Complete this verse to find out what God has not given us and what He has given us. Choose the correct letter blocks to complete the following words. This verse is found in the King James Version.

or	ot	ut	a	ven	ind	od
irit	wer	ath	ove	und	ar	mothy

“F\_\_\_\_ G\_\_\_\_ h\_\_\_\_ n\_\_\_\_ gi\_\_\_\_ us the \_\_\_\_ sp\_\_\_\_ of fe\_\_\_\_, b\_\_\_\_ of po\_\_\_\_, and of l\_\_\_\_, and of a so\_\_\_\_ m\_\_\_\_” (2 Ti\_\_\_\_ 1:7, KJV).

