

**Three ways we usually deal with guilt:**

We try to \_\_\_\_\_ our past.

Favorite ways to bury guilt:

\_\_\_\_\_

We \_\_\_\_\_.

We \_\_\_\_\_ everybody else and we \_\_\_\_\_ ourselves; also know  
as \_\_\_\_\_ and \_\_\_\_\_.

The reason we blame other people is because we feel \_\_\_\_\_.

We \_\_\_\_\_ ourselves up.

When I swallow my guilt my \_\_\_\_\_ keeps score. If I don't \_\_\_\_\_  
My guilt to God, I \_\_\_\_\_ out my guilt on my body.

**What Jesus wants us to deal with guilt**

\_\_\_\_\_ it.

To stop defeating myself I have to stop \_\_\_\_\_ myself.

Accept \_\_\_\_\_.

Focus on the \_\_\_\_\_ that's your fault and not their \_\_\_\_\_.

If you want to \_\_\_\_\_ forgiven, you tell God. If you want to \_\_\_\_\_  
forgiven, you've got to tell \_\_\_\_\_ other \_\_\_\_\_.

Ask for \_\_\_\_\_.

\_\_\_\_\_ doesn't change the future. It forgives the \_\_\_\_\_.

**What Jesus does with my guilt:**

He forgives \_\_\_\_\_.

He forgives \_\_\_\_\_.

He forgives \_\_\_\_\_.

He forgives \_\_\_\_\_.

He \_\_\_\_\_ it.