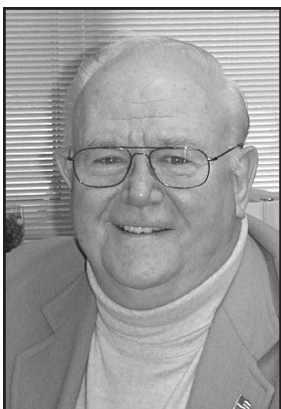


Advice from the Counselor

I often talk to people who are "feeling guilty." Most Christians would probably agree that they "feel guilty" because they often don't share Christ when the opportunity presents itself. Let's consider some principles that can help us with "guilt."



Principle Number One: God forgives our past mistakes... all of them. It is interesting that we say we believe that and then we seem to think liars, murderers, adulterers, divorced folks, people on drugs, etc. somehow are not forgiven their problems and we especially feel that way about our own mistakes. Maybe you have been impatient, sarcastic, or manipulative in your relationships with people; you know it and are feeling guilty but unsure how to resolve the problem. Take some time and read 1 John 1:9 and be certain to note the "all." God says, *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."* The solution is to stop beating yourself up with the things that God forgives.

Principle Number Two: Let the past teach you - not intimidate you. Consider each experience about which you are feeling guilty and learn from it. Instead of condemning folks who have made mistakes in their life, how about attempting to find a way to encourage them. Sometimes it is hard to love someone who has a caustic tongue but with God's power operating in your life you can (Galatians 5:22-23). You may feel guilty over some past experience that has not been resolved. The first step is to ask God to help you love the individual(s). He really will clean the slate and forgive you! Now do the hard part and forgive yourself.

Why feel guilty over past mistakes? Live in the present... today is the only day we really have. God has given you life to enjoy so do it His way and enjoy today!

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