

International Conversation Cafe

Foxtrot English: Guilt

Game: Two truths and a lie

Gather in groups of 3 or 4. Each person takes a turn telling others two things that are true

about themselves and one thing that is not true. The others in the group then guess which part is the lie.

Idioms: Read the idioms and see if you can use it in your own sentence.

Guilt trip- to feel guilty about something that may not be your fault. *My mother gives me a guilt trip for not studying on Saturdays.*

Sorry about that- a casual way to apologize. *"You left the milk out and it turned sour." "Sorry about that. I was in a hurry and forgot to put it away."*

No regrets- a way to express a lack of sorrow for a decision made. *I graduated from college with no regrets.*

Bible Story

Guilt is the fact of having done something wrong. "The man was declared guilty by the jury." Guilt is also a feeling of remorse or sorrow when we have hurt another person or God. Chose parts to read the story of Peter.

Narrator: Then the men arrested Jesus and led him away. They took him into the high priest's house. Peter followed from far away. They started a fire in the middle of the courtyard. Then they sat down together. Peter sat down with them.

A female servant saw him sitting there in the firelight. She looked closely at him.

Female servant: This man was with Jesus.

Narrator: But Peter said he had not been with him.

Peter: Woman, I don't know him."

Narrator: A little later someone else saw Peter.

Person # 2: You also are one of them."

Peter: No, I'm not!

Narrator: About an hour later, another person spoke up.

Person #3: This fellow must have been with Jesus. He is from Galilee."

Peter: Man, I don't know what you're talking about.

Narrator: Just as he was speaking, the rooster crowed. The Lord turned and looked right at Peter. Then Peter remembered what the Lord had spoken to him. "The rooster will crow today," Jesus had said. "Before it does, you will say three times that you don't know me." Peter went outside. He broke down and sobbed.

Define unknown words.

What did Peter do that made him feel guilty?

How did he show his guilt?

What are some of the ways we show guilt?

What do we do to feel better?

There are many ways people deal with their guilt. Sometimes we hide it, blame someone else, or deny what we did. Sometimes we tell ourselves that what we did was ok, that maybe the person we hurt deserved the bad treatment. The Bible tells us the best way to deal with our guilt is to face it and admit it. The following Psalm reveals the experience of King David and how he dealt with his personal feelings of guilt.

When I kept silent about my sin, my body became weak because I groaned all day long. Day and night your heavy hand punished me. I became weaker and weaker as I do in the heat of summer. *Selah*

Then I admitted my sin to you. I didn't cover up the wrong I had done.

I said, "I will admit my lawless acts to the LORD."

And you forgave the guilt of my sin. *Selah* Psalm 32

Are there new words here?

How did David's guilt affect him physically and emotionally?

Why do you think it is so hard for us to admit the wrong they have done?

When we admit the wrong we have done to the Lord, we experience forgiveness.

When we hurt other people, we need to apologize to them. Why do you think this is important?

Song: The Eyes of the Lord, Proverbs 15:3

Music and arrangement by Steve Green <http://www.stevegreenministries.org>

The eyes of the Lord are in every place
Keeping watch on the evil and the good.
The eyes of the Lord are in every place.

Keeping watch, keeping watch, keeping watch on the evil and the good. Repeat
<https://www.youtube.com/watch?v=mn98hPDCfY8>



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