

Sunday AM Sermon – May 17, 2026
Overwhelmed by Guilt
Psalm 38:1-8



Only saints and sociopaths feel no guilt, but for very different reasons. Guilt can be God's warning alarm or the devil's tormenting plague. But we all experience it, even King David. In Psalm 38, David helps us better understand both the consequences and cure.



1. Mark the number of times you hear these words:

- Guilt –
- David –
- Consequences –

2. According to 12-step program tradition, what are we only as sick as?
3. What might have been David's motivation for writing Psalm 38?
4. How do God and Satan use guilt differently?
5. Consequence one: Guilt cripples you _____
6. What did Adam and Eve do after they sinned in the Garden?
7. Consequence two: Guilt cripples you _____
8. How did guilt affect David's health?
9. Consequence three: Guilt cripples you _____
10. What other feelings do guilt trigger in us?
11. What does God ultimately want when we are saddled with guilt?
12. Consequence four: Guilt cripples you _____
13. Why are we apt to interpret the behavior of others so negatively when we feel guilt?
14. Relief Lesson one: _____ from guilt comes by _____ to _____
15. What did God do, and not do with David?
16. How does healthy relief from guilt come about?
17. When we suffer, we don't always need a comforter. What do we need?



Faith Talk, Faith Walk

Spend time with family or friends (maybe over a meal or during a family devotional) discussing the following related to the sermon

Faith Talk: When is a time that you felt guilt, and how did it affect you?

Faith Walk: Experience the freedom from guilt, and share it with others, by turning fully to the Lord.

If you are here and have been touched or convicted by something said or done today we would love to study the Bible with you and introduce you more fully to our Savior, Jesus Christ. Just call the church office at 795-4377 and we will set something up. God bless you!

Next Sunday AM Sermon – Solid Footing (Psalm 40:1-10)