

# TRUE IDENTITY



MOM! MOM! A BIG  
DOG KNOCKED ME  
DOWN AND HE  
STOLE HOBBS!



I TRIED TO CATCH HIM,  
BUT I COULDN'T, AND NOW  
I'VE LOST MY BEST FRIEND!



WELL CALVIN, IF YOU WOULDN'T  
DRAG THAT TIGER EVERYWHERE,  
THINGS LIKE THIS WOULDN'T  
HAPPEN.



THERE'S NO PROBLEM SO  
AWFUL THAT YOU CAN'T ADD  
SOME GUILT TO IT AND  
MAKE IT EVEN WORSE!



**What do I  
do with my  
guilt?**




# How to deal with guilt?

People also ask :

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How do I get over guilt and regret?

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Why does guilt hurt so much?

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Does guilt ever go away?

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What organ does guilt affect?

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[Feedback](#)


# How to deal with guilt?

 Mindful Health Solutions  
<https://mindfulhealthsolutions.com/how-to-cope-wit...>

Stop Saying Sorry: Coping with Guilt and Moving Forward

 Psych Central  
<https://psychcentral.com/health/tips-for-dealing-wit...>

How to Deal with Guilt So It Doesn't Drag You Down

 Talkspace  
<https://www.talkspace.com/blog/how-to-deal-with-guilt>


How to Deal With Guilt: 14 Tips for Coping - Talkspace


 Videos



How To Cope With Feelings Of Guilt (Part 1)

YouTube · Sullivan + Associates Clinical Psychology  
Jan 11, 2022


 9 key moments in this video

 wikiHow  
[https://www.wikihow.com/.../Emotions and Feelings](https://www.wikihow.com/.../Emotions-and-Feelings)

How to Deal with Guilt: 11 Steps (with Pictures)

 Healthline  
<https://www.healthline.com/how-to-stop-feeling-guilty>


Guilt Makes a Heavy Burden. Don't Let It Drag You Down

 Centerstone  
<https://centerstone.org/.../Stress>

Shrink Your Stress : How to Get Rid of Guilt

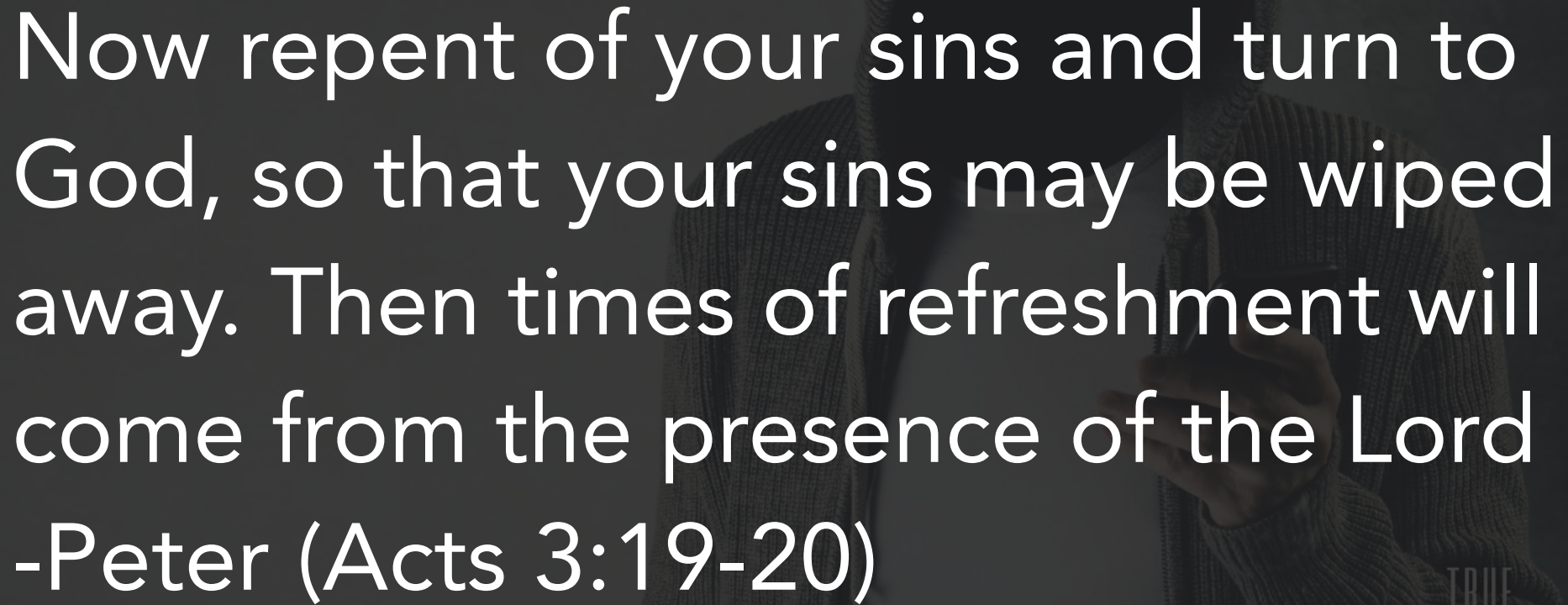
 Mind Tools  
<https://www.mindtools.com/dealing-with-guilt>

Dealing With Guilt - Gaining Positive Outcomes From

 Thriveworks  
<https://thriveworks.com/blog/how-to-forgive-your...>

How to Forgive Yourself: Letting Go of Guilt and Past Regrets





Now repent of your sins and turn to  
God, so that your sins may be wiped  
away. Then times of refreshment will  
come from the presence of the Lord  
-Peter (Acts 3:19-20)



Question:

How can I know I  
am forgiven...

Again?

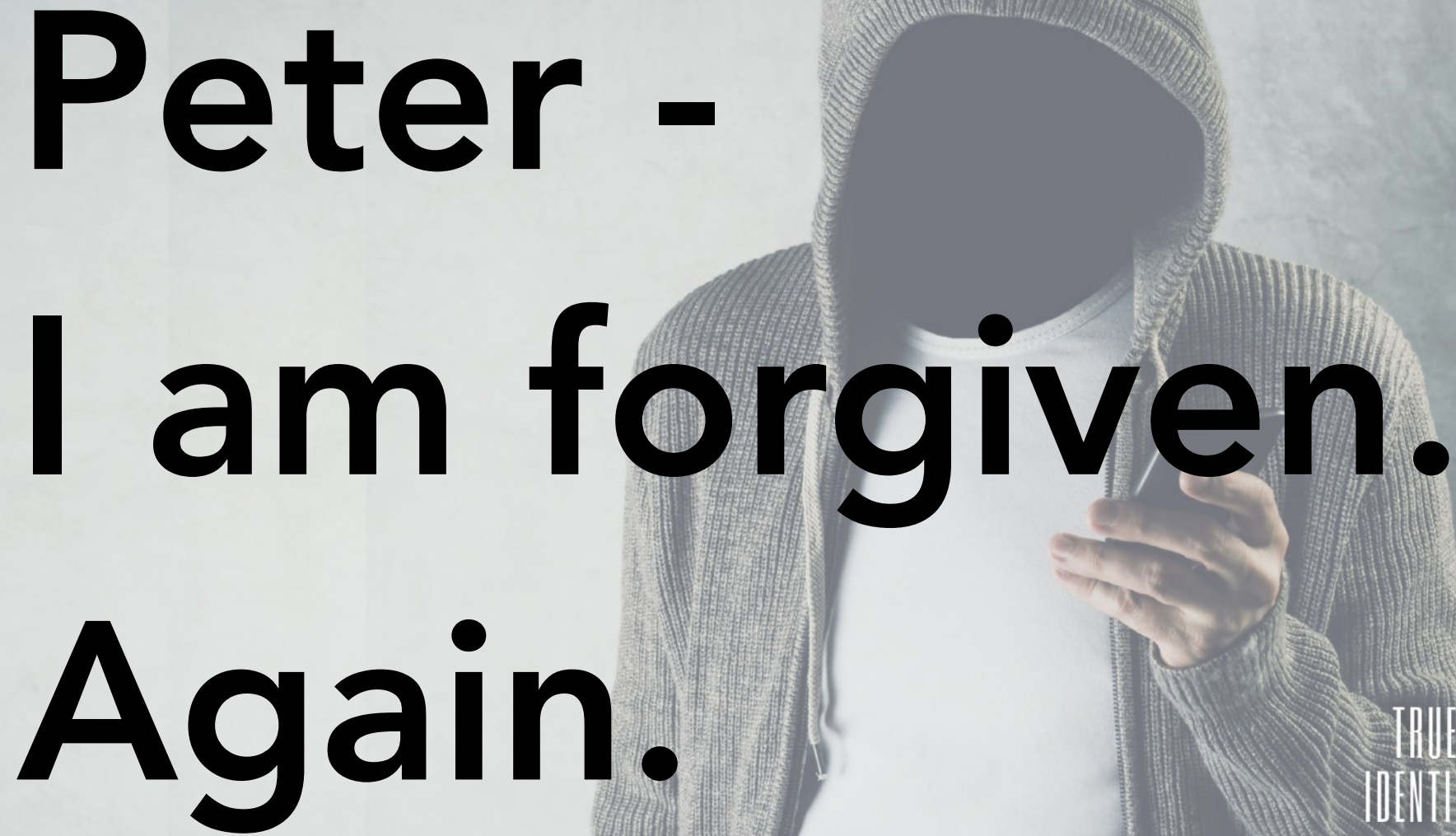


A dark, moody photograph of a person wearing a grey hoodie, looking down at a smartphone held in their right hand. The background is dark and out of focus.

# Answer:

Turn to Jesus and believe, and you will experience the forgiven life.

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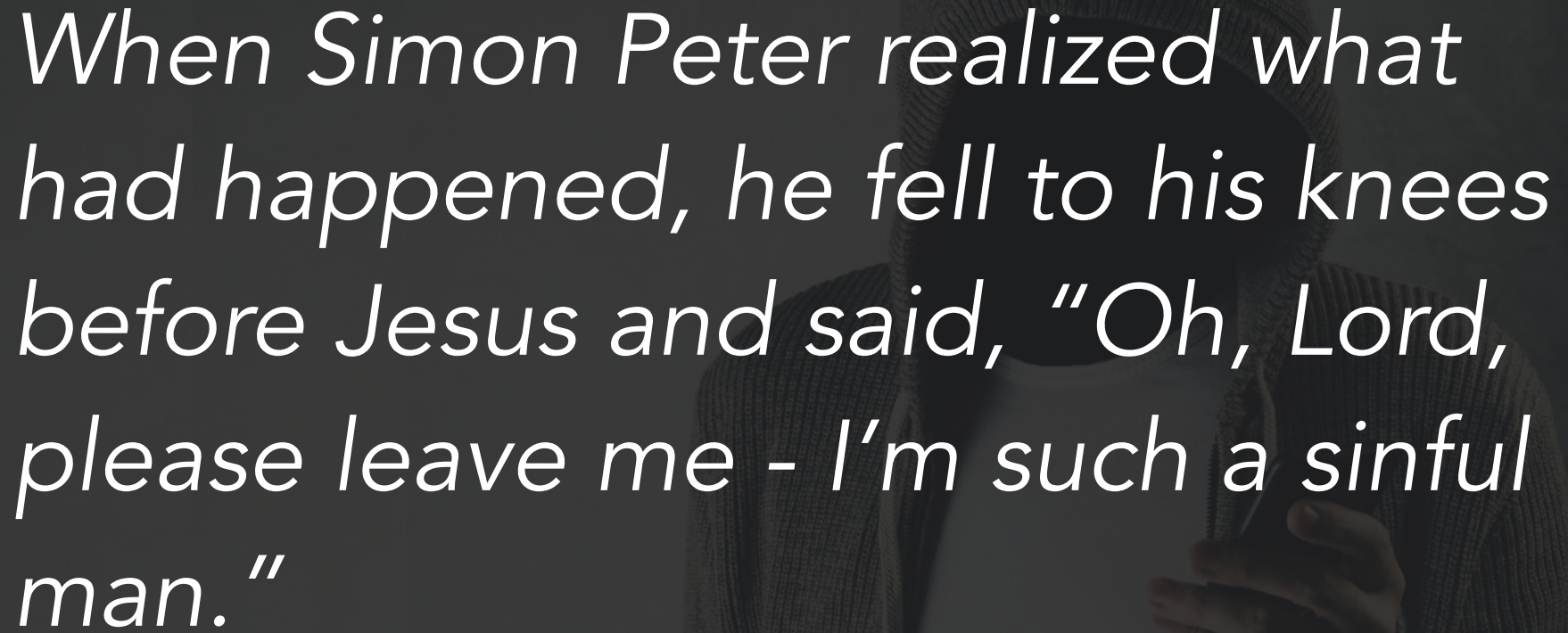
**Peter -  
I am forgiven.  
Again.**

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A dark, low-key photograph of a person wearing a grey hoodie, holding a smartphone in their right hand. The person's face is obscured by deep shadows. The background is a dark, textured grey. Overlaid on the left side of the image is the text '1) Humble yourself.' in a large, white, sans-serif font.

1) Humble yourself.

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*When Simon Peter realized what had happened, he fell to his knees before Jesus and said, "Oh, Lord, please leave me - I'm such a sinful man."*

*-Peter (Luke 5:8)*



A person wearing a dark hoodie is shown from the chest up, holding a smartphone in their right hand. The background is dark and slightly blurred. Overlaid on the image is white text. The text is arranged in a list-like format with a large bullet point.

# • Know yourself.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. -Psalm 139:14

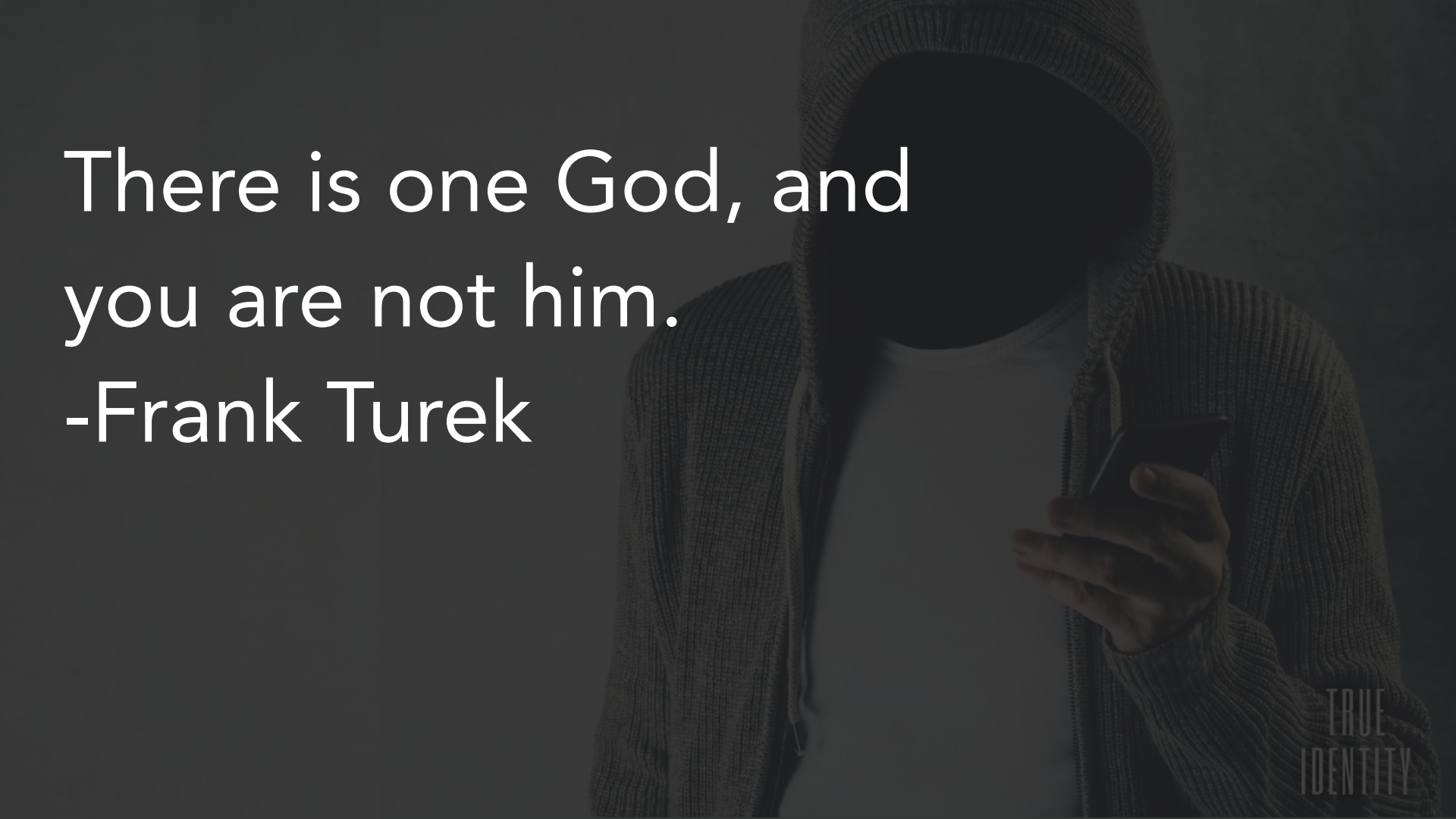




- **Know God.**

Remember the things I have done  
in the past. For I alone am God! I  
am God, and there is none like me.

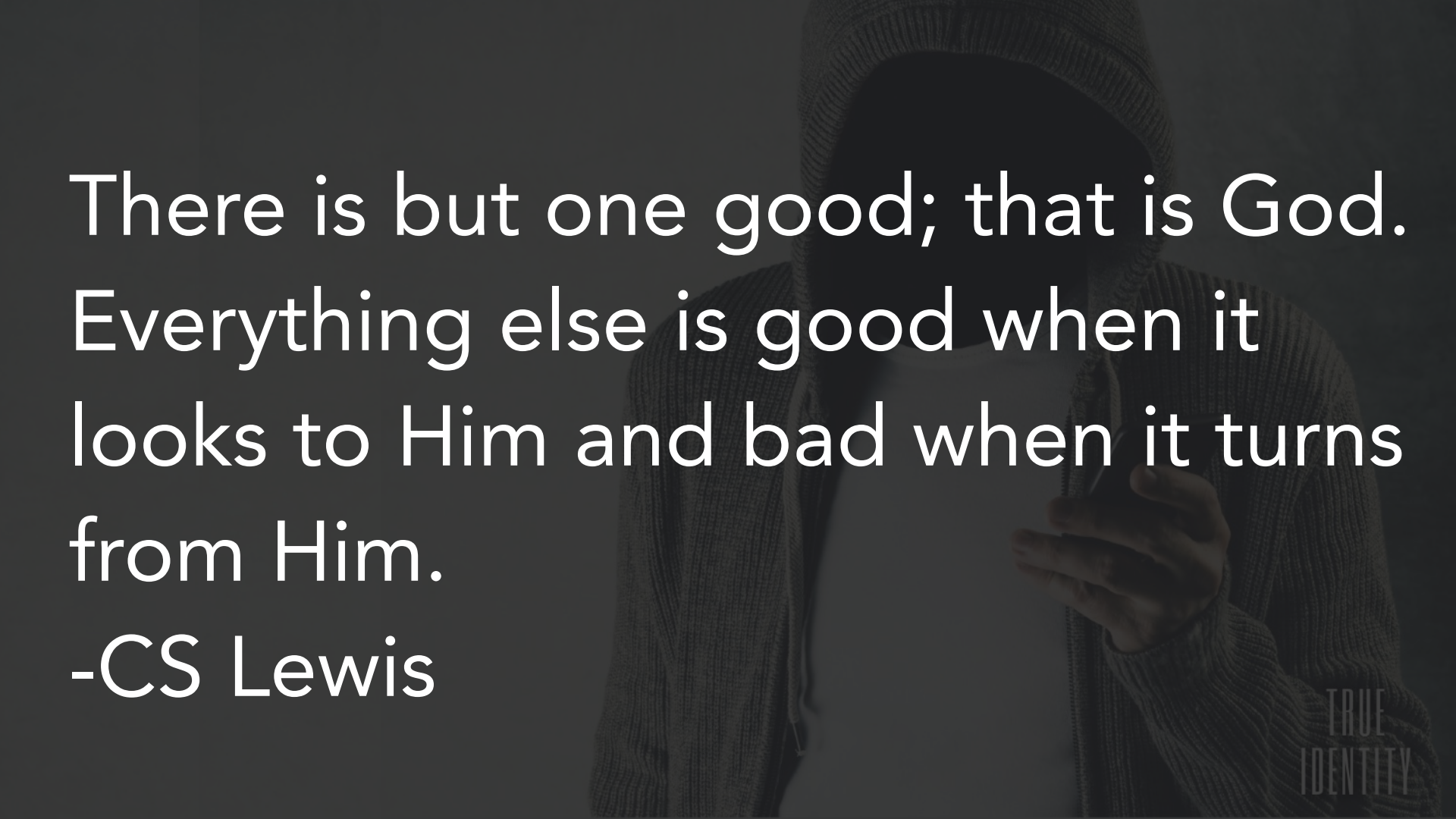
-Isaiah 46:9

A person wearing a grey hoodie and a white t-shirt is holding a smartphone in their right hand. The person's face is obscured by shadow. The background is dark. On the left side of the image, there is white text.

There is one God, and  
you are not him.

-Frank Turek

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A person wearing a dark hoodie is shown from the chest up, holding a smartphone in their right hand. The background is dark and out of focus. The text is overlaid on the left side of the image.

There is but one good; that is God.  
Everything else is good when it  
looks to Him and bad when it turns  
from Him.

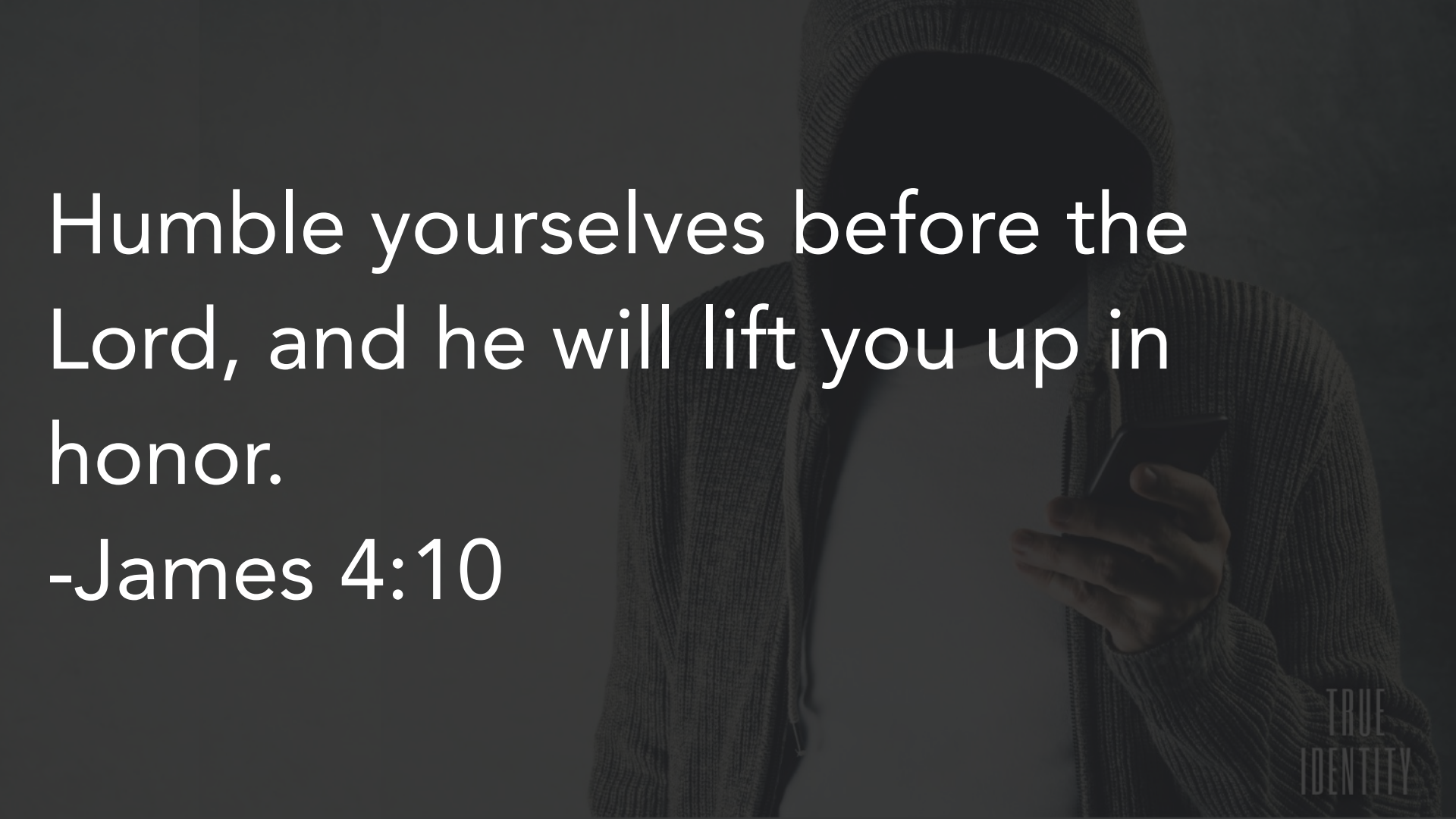
-CS Lewis

- **Know yourself. Know God.**

For everyone has sinned; we all fall short of God's glorious standard.

-Romans 3:23

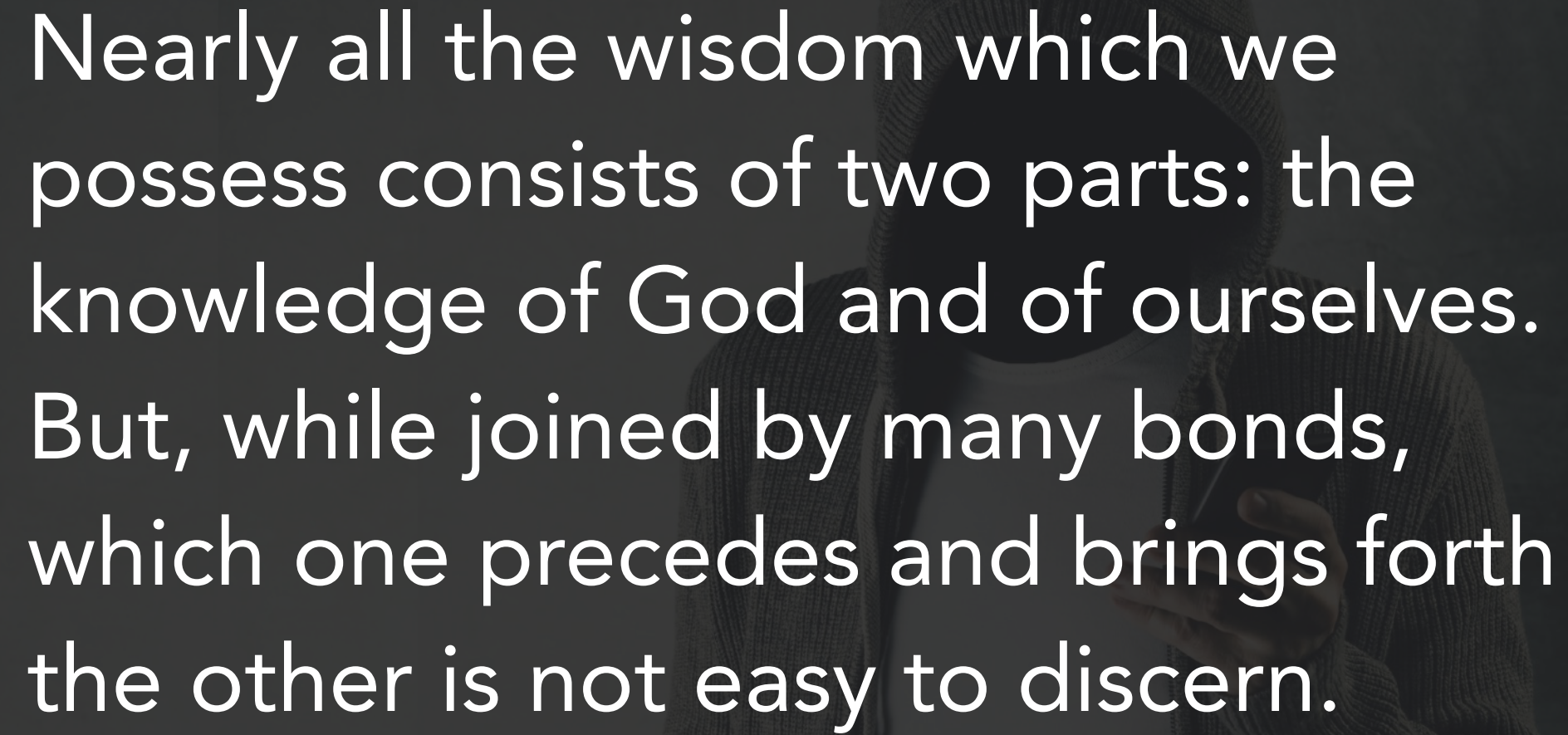


A person wearing a dark hoodie is shown from the chest up, holding a smartphone in their right hand. The person's face is obscured by shadow. The background is a dark, textured grey. Overlaid on the left side of the image is white text.

Humble yourselves before the  
Lord, and he will lift you up in  
honor.

-James 4:10



A person wearing a dark, textured sweater is holding a smartphone in their hands. The background is dark and slightly blurred. Overlaid on the image is white text in a clean, sans-serif font. The text is the central focus of the image.

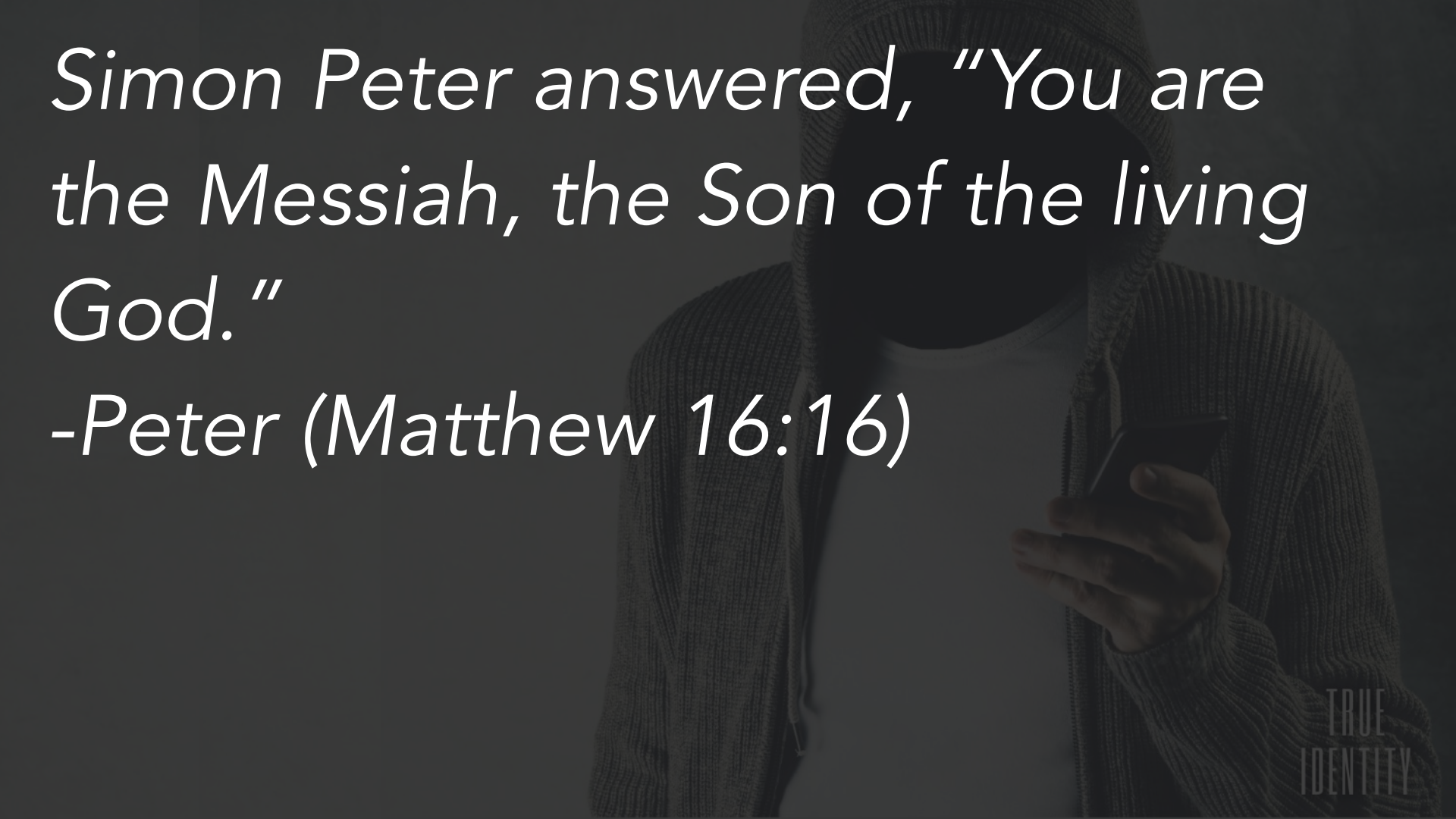
Nearly all the wisdom which we possess consists of two parts: the knowledge of God and of ourselves. But, while joined by many bonds, which one precedes and brings forth the other is not easy to discern.

-John Calvin

A person wearing a dark hoodie is shown from the chest up, holding a smartphone in their right hand. The person's face is obscured by the hood. The background is dark and out of focus. Overlaid on the image is the text "2) Confess who He is." in a large, white, sans-serif font.

**2) Confess who He  
is.**

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*Simon Peter answered, "You are the Messiah, the Son of the living God."*

*-Peter (Matthew 16:16)*

- Know what you know.

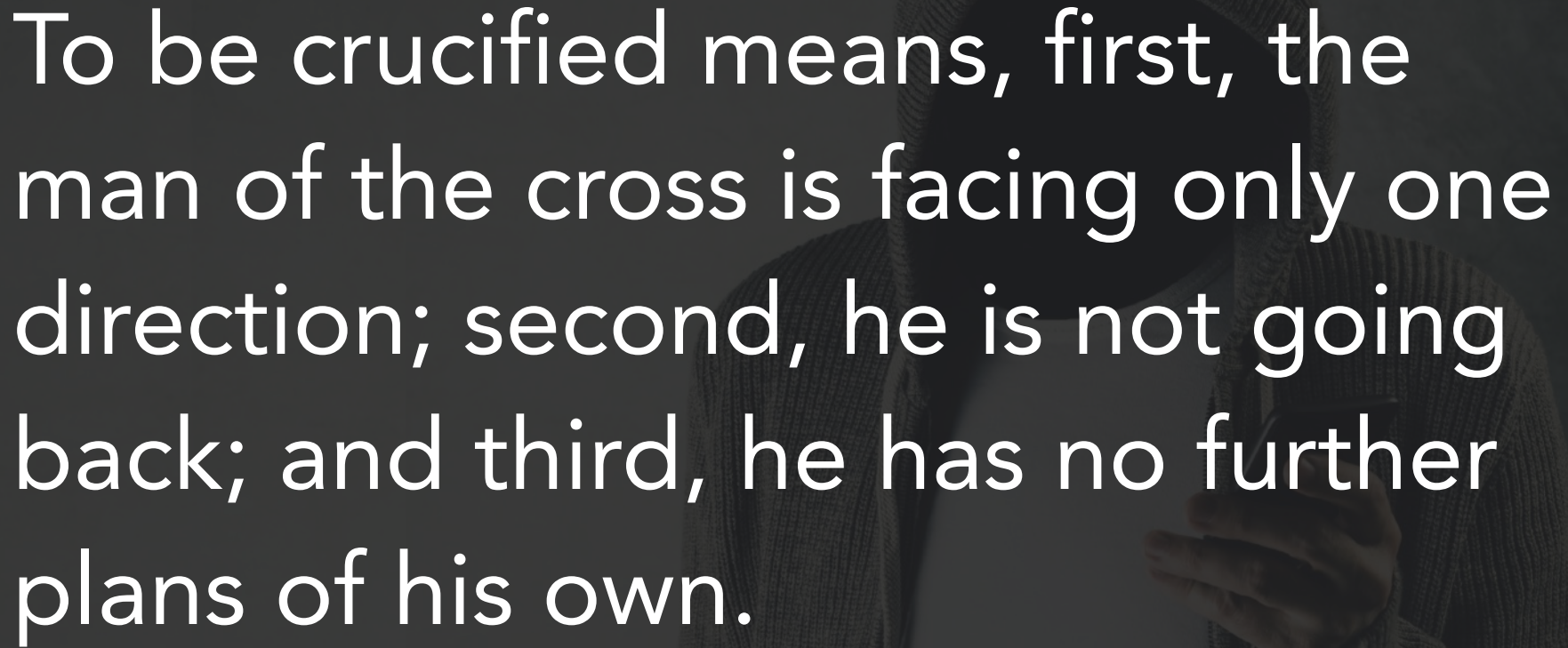
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- Know what you don't know.

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To be crucified means, first, the man of the cross is facing only one direction; second, he is not going back; and third, he has no further plans of his own.

A.W. Tozer

A dark, moody photograph of a person wearing a grey hoodie, holding a smartphone in their right hand. The person's face is obscured by deep shadows. The background is a dark, textured grey. Overlaid on the left side of the image is the text '3) Admit failure.' in a large, white, sans-serif font.

**3) Admit failure.**

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*And Peter left the courtyard,  
weeping bitterly.*

*-Luke 22:62*



- **We fail.**

If we claim we have no sin, we are only fooling ourselves and not living in the truth.

-1 John 1:8





- **Then the test comes.**

But if we confess our sins to him,  
he is faithful and just to forgive us  
our sins and to cleanse us from all  
wickedness. -1 John 1:9



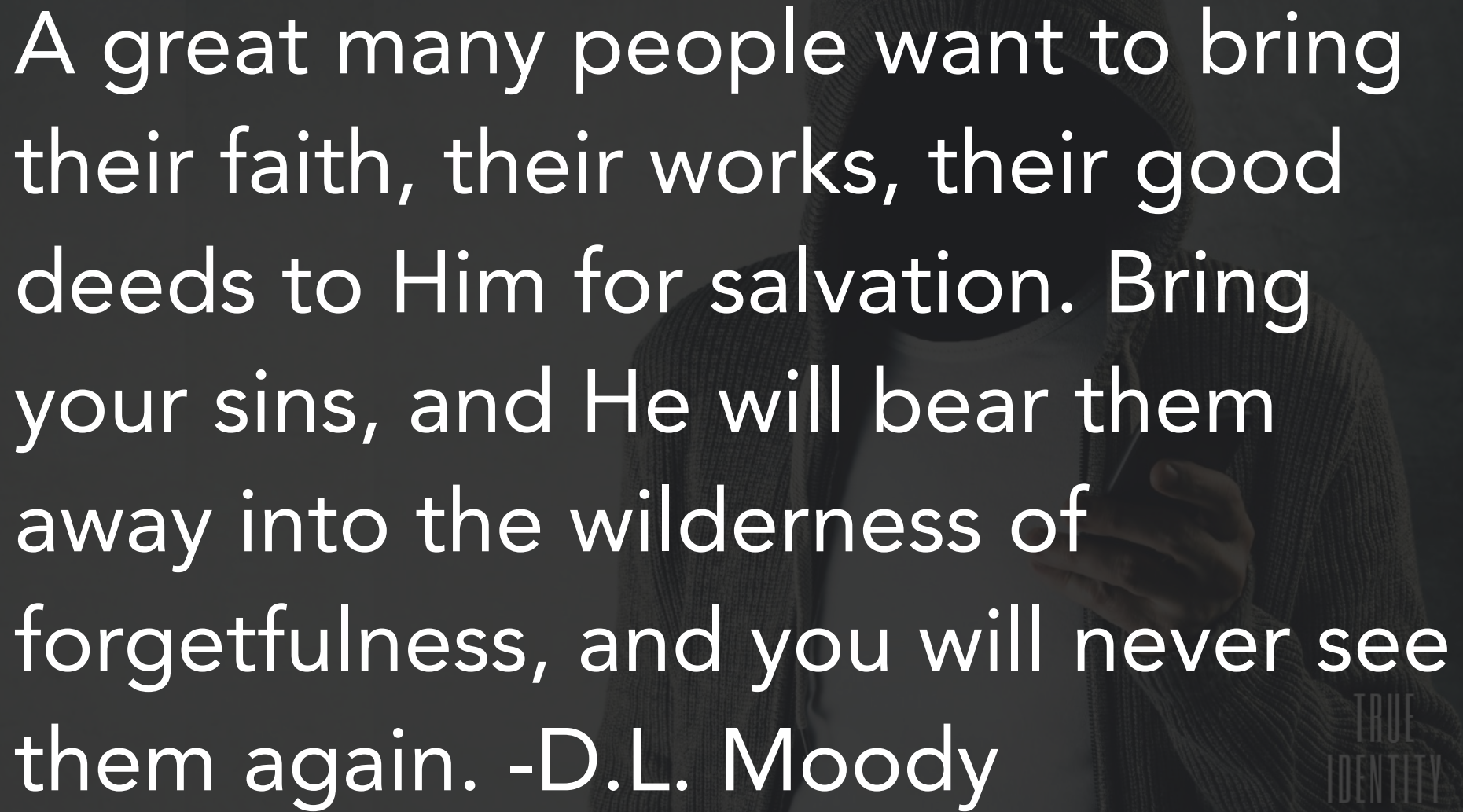


**Alfred Pennyworth:**

Why do we fall sir? So that we can learn to pick ourselves up.

**Bruce Wayne:**

You still haven't given up on me?

A person wearing a dark, textured hoodie is shown from the chest up, holding a smartphone in their right hand. The background is dark and out of focus. Overlaid on the image is a large block of white text.

A great many people want to bring their faith, their works, their good deeds to Him for salvation. Bring your sins, and He will bear them away into the wilderness of forgetfulness, and you will never see them again. -D.L. Moody

A person wearing a dark hoodie is shown from the chest up, holding a smartphone in their right hand. The person's face is obscured by deep shadows. The background is a dark, textured grey. Overlaid on the image is the text '4) Listen to grace.' in a large, white, sans-serif font.

4) Listen to grace.

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*A third time he asked him, "Simon son of John, do you love me?"*

*Peter was hurt that Jesus asked the question a third time. He said,*

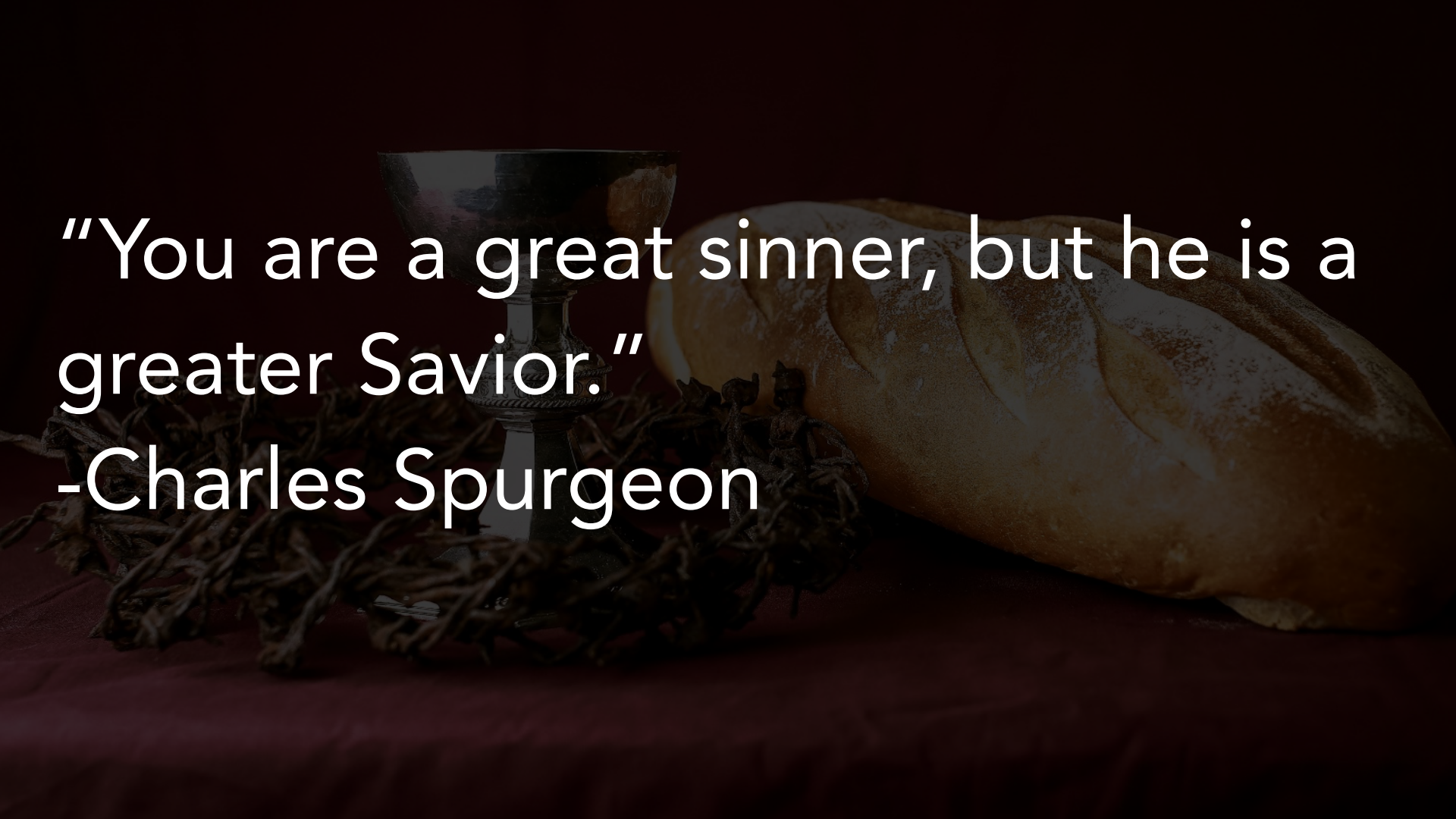
*"Lord, you know everything. You know that I love you." Jesus said,*

*"Then feed my sheep. -John 21:17"*



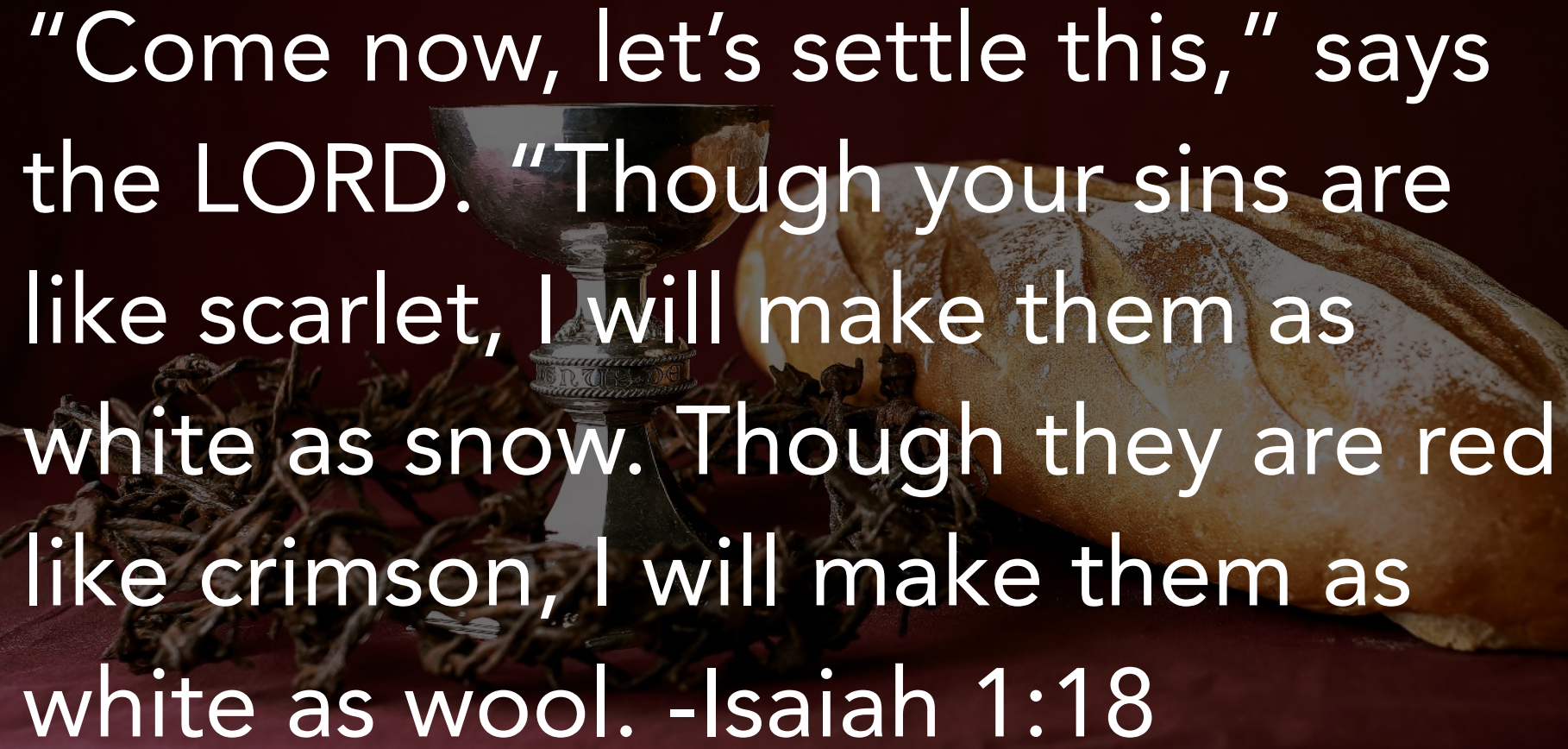
# What does it look like to listen to His grace?

- Seek him in brokenness
- Accept His acceptance
- Celebrate reconciliation

A still life arrangement featuring a silver chalice, a loaf of bread, and a nest of twigs, all set against a dark background. The chalice is on the left, the bread is on the right, and the twigs are in the foreground. The text is overlaid on the image.

“You are a great sinner, but he is a  
greater Savior.”

-Charles Spurgeon

A still life composition featuring a silver chalice, a loaf of bread, and a pile of twigs on a dark red surface. The chalice is positioned in the center-left, with a small figurine resting on its base. The bread is on the right, and the twigs are on the left. The background is dark, and the text is overlaid in white.

“Come now, let’s settle this,” says the LORD. “Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool. -Isaiah 1:18

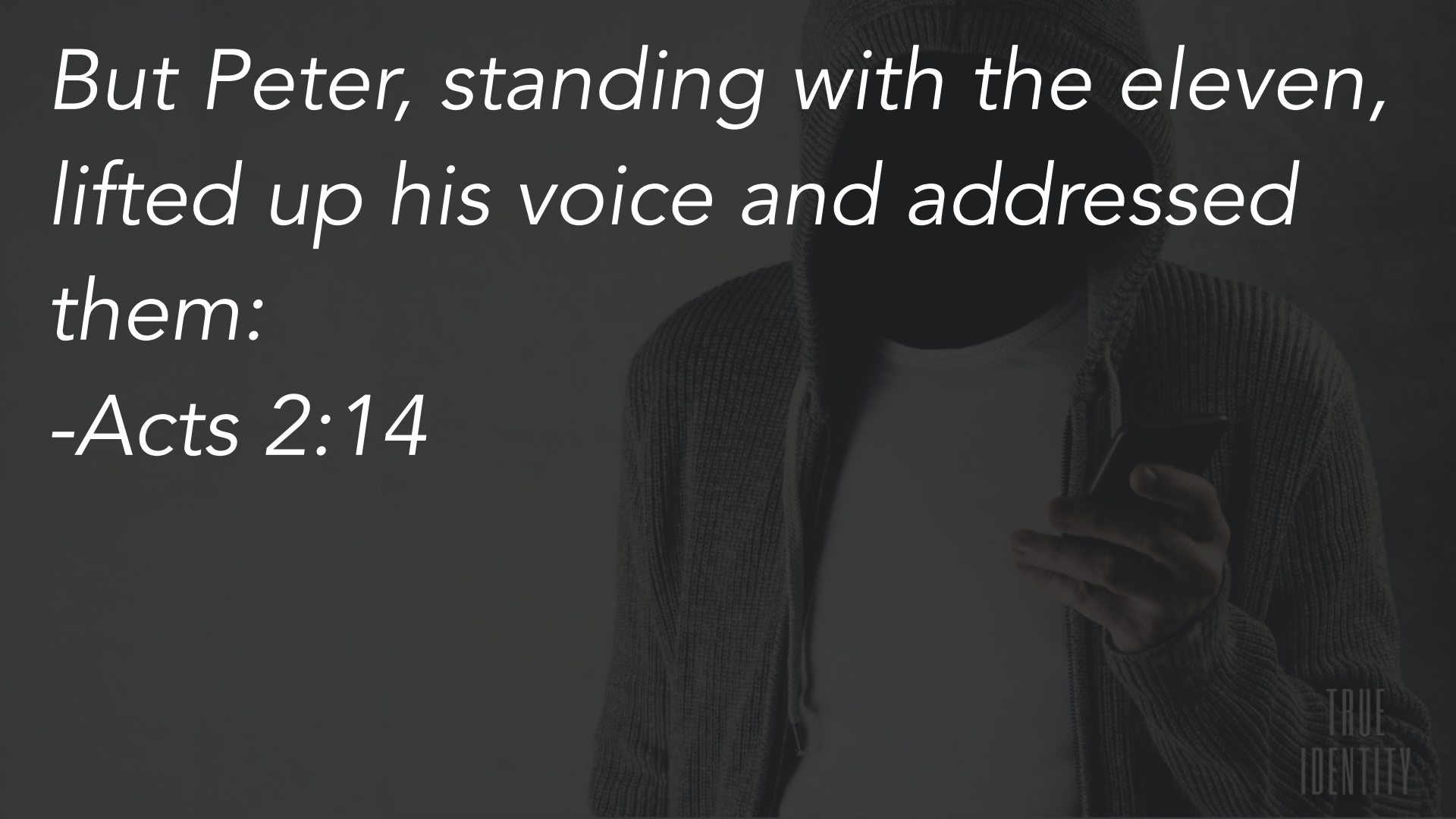


A dark, low-key photograph of a person wearing a grey hoodie, holding a smartphone in their right hand. The person's face is obscured by deep shadows. The background is a dark, uniform grey. Overlaid on the left side of the image is the text '5) Live in response.' in a large, white, sans-serif font.

**5) Live in response.**

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A person wearing a dark hoodie and a white t-shirt is holding a smartphone. The background is dark and slightly blurred. On the left side of the image, there is white text.

*But Peter, standing with the eleven,  
lifted up his voice and addressed  
them:*

*-Acts 2:14*

Peter Preaches to the Crowd

14 Then Peter stepped forward with the eleven other apostles and shouted to the crowd, "Listen carefully, all of you, fellow Jews and residents of Jerusalem! Make no mistake about this. 15 These people are not drunk, as some of you are assuming. Nine o'clock in the morning is much too early for that. 16 No, what you see was predicted long ago by the prophet Joel:

17

*'In the last days,' God says,*

*'I will pour out my Spirit upon all people.*

*Your sons and daughters will prophesy.*

*Your young men will see visions,*

*and your old men will dream dreams.*

18

*In those days I will pour out my Spirit*

*even on my servants—men and women alike—*

*and they will prophesy.*

19

*And I will cause wonders in the heavens above*

*and signs on the earth below—*

*blood and fire and clouds of smoke.*

20

*The sun will become dark,*

*and the moon will turn blood red*

*before that great and glorious day of the Lord arrives.*

21

*But everyone who calls on the name of the Lord*

*will be saved.<sup>[c]</sup>*

22 "People of Israel, listen! God publicly endorsed Jesus the Nazarene<sup>[d]</sup> by doing powerful miracles, wonders, and signs through him, as you well know. 23 But God knew what would happen, and his prearranged plan was carried out when Jesus was betrayed.

With the help of lawless Gentiles, you nailed him to a cross and killed him. 24 But God released him from the horrors of death and raised him back to life, for death could not keep him in its grip. 25 King David said this about him:

*'I see that the Lord is always with me.*

*I will not be shaken, for he is right beside me.*

26

*No wonder my heart is glad,*

*and my tongue shouts his praises!*

*My body rests in hope.*

27

*For you will not leave my soul among the dead<sup>[e]</sup>*

*or allow your Holy One to rot in the grave.*

28

*You have shown me the way of life,*

*and you will fill me with the joy of your presence.<sup>[f]</sup>*

29 "Dear brothers, think about this! You can be sure that the patriarch David wasn't referring to himself, for he died and was buried, and his tomb is still here among us. 30 But he was a prophet, and he knew God had promised with an oath that one of David's own descendants would sit on his throne. 31 David was looking into the future and speaking of the Messiah's resurrection. He was saying that God would not leave him among the dead or allow his body to rot in the grave.

32 "God raised Jesus from the dead, and we are all witnesses of this. 33 Now he is exalted to the place of highest honor in heaven, at God's right hand. And the Father, as he had promised, gave him the Holy Spirit to pour out upon us, just as you see and hear today. 34 For David himself never ascended into heaven, yet he said,

*"The Lord said to my Lord,*

*"Sit in the place of honor at my right hand*

35

*until I humble your enemies,*

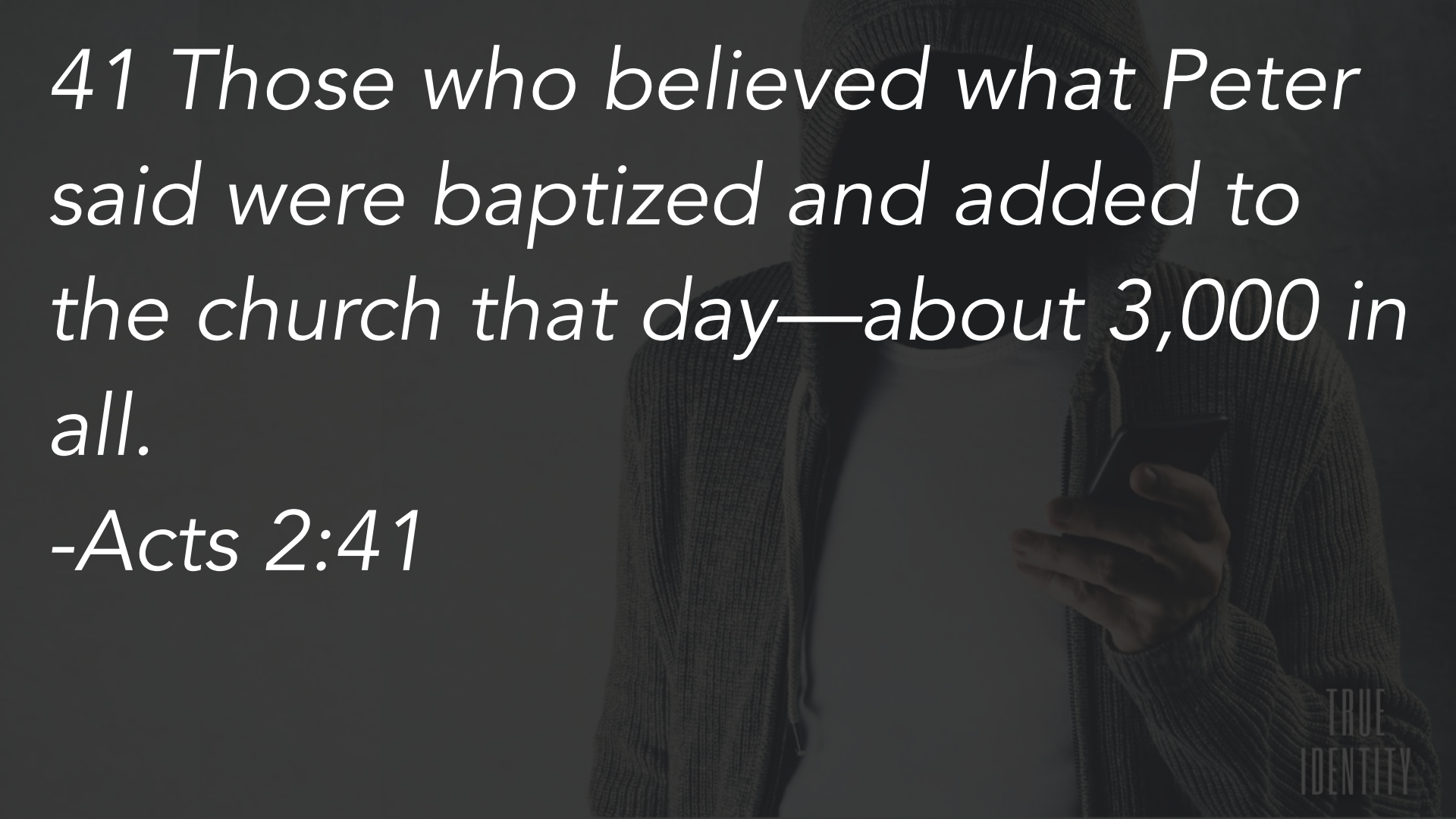
*making them a footstool under your feet."<sup>[g]</sup>*

36 "So let everyone in Israel know for certain that God has made this Jesus, whom you crucified, to be both Lord and Messiah!"

37 Peter's words pierced their hearts, and they said to him and to the other apostles, "Brothers, what should we do?"

38 Peter replied, "Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. 39 This promise is to you, to your children, and to those far

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A person wearing a dark hoodie is looking down at a smartphone held in their right hand. The background is dark and out of focus.

*41 Those who believed what Peter said were baptized and added to the church that day—about 3,000 in all.*

*-Acts 2:41*



- Today is the first day of the rest of your life.

Failing is not a disgrace unless you make it the last chapter of your book. -Jack Hyles



# Closing Scripture

If we confess our sins he is faithful and just and will forgive us and purify us from all unrighteousness.

-1 John 1:9

# Closing Quote

The only way to get rid of your past is to make a future out of it. God will waste nothing.

-Phillips Brooks

## Closing Questions:

1. What are you doing these days to more truly know yourself? To more truly know God?
2. How does it make you feel that Jesus looks at you with compassion and grace?
3. Where is God inviting you to show compassion and grace to someone who otherwise would feel condemnation?



# TRUE IDENTITY

