

## Small Group Ministry Session Twenty-Six: Guilt

### OPENING WORDS

“The very presence of guilt, let alone its tenacity, implies imbalance: Something, we suspect, is getting more of our energy than warrants, at the expense of something else, we suspect, that deserves more of our energy than we’re giving.”

Melinda M. Marshall (20<sup>th</sup> century), US writer and editor

Good Enough Mothers, Chap. 4 (1993)

### CHECK IN

Current state of physical or spiritual health

Joys or concerns about loved ones

Concerns/excitement about what is happening in our lives

### REVIEW COVENANT

### REVIEW PROGRESS OF THE CIRCLE

### DISCUSSION

Some of us were raised in homes with traditions that instilled varying degrees of guilt; many of us have complained and suffered as a result.

1. How has the experience of guilt shaped your perception and/or behavior?
2. Can guilt serve a useful purpose?

### CHECK OUT

What did you like about this meeting? What do you wish had been different?

## **CLOSING WORDS**

“I can feel guilty about the past, apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness.”

Abraham Maslow (1908-1970)

US psychologist, philosopher

“Without the spice of guilt, sin cannot be fully savored.”

Alexander Chase (1926- )

US journalist, editor