

# bridgeway GROUPS

## JOIN A TEAM:

Are you on a team at Bridgeway? Join one today and help us to create a warm and welcoming environment, meet new people, and grow with others. Sign up on our website or app by clicking the join a team button: [bridgewaycommunity.org/signup](https://bridgewaycommunity.org/signup)

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## DISCUSSION GUIDE: April 13 - Justin Gill

“Range of Emotions: Guilt”

**LIFE:** What is your favorite childhood memory of Easter? What part of Easter do you get the most excited about as an adult?

### ENGAGE THE MESSAGE:

1. **Read Proverbs 4:23, Romans 8:1-3.**
2. What are some things that commonly frustrate you?
3. Is there anything about yourself that frustrates you? If you are frustrated with your own sin, what can that indicate about you?
4. How can holding onto frustration hurt us? Share about a time when this was true for you.
5. How does guilt in your life impact how you live? Are you hiding from God and others because of guilt? Does your guilt “remind” you or “define” you?
6. Why is Easter a good time to talk about guilt?
7. How have you experienced grace? Have you helped bring life when someone else was overcome with guilt?
8. If you are free from your guilt because of Jesus, who do you need to give grace to and not hold someone else's guilt over them? How can you forgive them today?
9. Why can't followers of Jesus keep punishing themselves when they realize their guilt?

**MAKE DISCIPLES:** Who could you invite to one or more of the Bridgeway Easter activities this week? ***Check out the Easter Information tab on the home screen of the Bridgeway Community Church app for full information on all the events.***