

Guilt Test

Read over the following statements. You will probably identify with many of them. Circle the letter at the end of each statement that represents how you have felt at those times when you have done something wrong.

1. "I don't see how God could do anything with someone like me." (W)
2. "Now I'm going to get it." (P)
3. "I feel I am stained and everyone can see it." (R)
4. "I feel the need to justify my position, to rationalize my wrong away, I feel defensive." (P)
5. "I feel like there is a sword hanging over my head about to fall at any minute." (P)
6. "I feel like withdrawing and hiding because of what I've done." (R)
7. "I feel like God is pointing his finger at me and saying you are unacceptable." (W)
8. "I feel like God is looking down on me with anger and bitterness." (P)
9. "I feel when I pray, that God won't listen to me because I have not listened and obeyed Him." (R)
10. "I resent myself because I have let God down." (W)
11. "I deserve to be punished because of what I have done." (P)
12. "I hurt all over because I am bad." (W)
13. "I let God down and now He will leave me here to suffer my fate." (R)
14. "I feel the Lord is mad at me and will keep me in a childhood state." (P)
15. "How can God ever love a screw-up like me?" (W)
16. "I have not lived up to expectations. I feel as though I will be rejected and abandoned." (R)
17. "I can just imagine God's angry stare." (P)
18. "Mainly I feel completely embarrassed about myself." (R)
19. "I feel I have completely flopped in my relationship to Christ." (W)
20. "I feel like dirt." (W)
21. "I wonder a lot about what others would think if they knew." (R)
22. "I have let God see me weak, I have failed, I am inferior." (W)
23. "I'm afraid of what others will do to me, because of what I have done." (P)
24. "I feel like a step-child in God's family or even an exile." (R)

There are eight W statements, eight P statements, and eight R statements. Once you have circled the letters following the statements that apply to you, add up the number of Ws you circled, the number of Ps you circled, and the number of Rs you circled. Record each score in the appropriate box below, along with a total score.

Ws	Ps	Rs	Total Score

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Scoring the Guilt Test

Look first at the Total Score (the total number of statements that you circled or underlined). A total score of twenty or more represents a very high degree of guilt. A total score of four or less represents a lower degree (but still opportunity for improvement). God wants to free us from guilt feelings. If you are a Christian, then you need to know that all of the 24 statements are statements that a Christian NEVER needs to think!

Now look at the individual numbers that you recorded under Ws, Ps, and Rs. The test has a total of eight W statements, eight P statements, and eight R statements. The letters represent various ways that we experience guilt. We experience guilt in three ways:

1. A Sense of WORTHLESSNESS

- I'm a failure
- I'm not competent, suitable, fit or capable
- How can I call myself a Christian?

2. A Fear of PUNISHMENT

- Now I'm going to get it
- I deserve to be ...
- God will surely punish me
- Now they will be angry with me for ...

3. A Feeling of REJECTION

- Fear of rejection by others
- God won't love me if ...
- Not being accepted because of what I did or what I think or who I am
- Loss of reputation, losing face before others, shame

By looking at the individual numbers that you recorded under Ws, Ps, and Rs, you can tell in what area you feel the most guilt.

Guilt comes from childhood experiences, our natural personality tendencies, and from Satan. But if you are a Christian, guilt never comes from God! (He sends conviction, never condemnation!)

God answers each area of guilt feeling:

1. Sense of WORTHLESSNESS

- We are made in the very image of God (Genesis 1:26-27; James 3:9).
- We are highly valued by God (Matthew 6:30; Mark 12:12).

2. Fear of PUNISHMENT

- All punishment for our sins fell on Christ (Isaiah 53:5). He was our "propitiation" (an appeasement for the wrath of God against sin - Romans 3:25).
- There is no more punishment for those who are in Jesus Christ (1 John 4:15-18).

3. Feeling of REJECTION

- No one and nothing can separate us from the love of God (Romans 8:31-39).
- We have God's promise that He will never leave us or forsake us (Hebrews 13:5).