**Getting rid of your guilt**

You did something bad and now you are feeling guilty? Maybe than it’s time to admit your guilt to Jesus, and ask Him for forgiveness!

No matter what you did, you can always talk to Jesus about your guilt! And He is the only won that can really forgive your guilt and sin!

Read 1 John 1:9!

Toilet paper thrown and flushed down will never ever reappear! It’s gone forever! It’s the same with your guilt: when we give our guilt to Jesus and ask Him for forgiveness, our guilt is forgiven! It will never ever reappear again! So take some toilet paper, write on it what makes you feel guilty and flush it down!

Read Micah 7:18-20.