

How To... Deal with my Guilt
April 26 & 27, 2008

1. We are all guilty.

And the person who keeps all of the laws except one is as guilty as the person who has broken all of God's laws. James chapter 2, verse 10 (931)

- ✓ No matter what is in your past every person has the same story. Guilty!
- ✓ No sin is too great for God's grace.

2. There's a purpose to guilt.

I know perfectly well that what I am doing is wrong, and my bad conscience shows that I agree that the law is good.

Romans chapter 7, verse 16 (862)

Guilt can lead us to...

Honesty- *I know I am a sinner.*

Confession- *I am accountable to a loving God.*

Forgiveness- *Jesus paid the penalty for my sin, I m forgiven.*

Obedience- *I will do better next time.*

3. Unresolved guilt is an unnecessary burden.

For I recognize my rebellion; it haunts me day and night.

Psalm chapter 51, verse 3 (436)

When I refused to confess my sin, my body wasted away and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. *Psalm chapter 32, verse 3-4 (427)*

- ✓ Unresolved guilt will hurt both physically and emotionally.
- ✓ God does not motivate through guilt.
- ✓ Satan is the accuser who wants me to live in the past.
- ✓ Confession is a necessary step to resolve my guilt.
- ✓ God's forgiveness removes guilt.
- ✓ Don't let anyone bring up your past!

But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong. 1 John chapter 1, verse 9 (941)

For my yoke is easy to bear and the burden I give you is light."

Matthew chapter 11, verse 30 (742)

If this true why do I still feel guilty?

4. The way WE handle guilt.

- ✓ Shame
- ✓ Hide
- ✓ Blame
- ✓ Fear
- ✓ Rationalize
- ✓ Work it off

“At that moment, their eyes were opened, and they suddenly felt shame at their nakedness.” “So they sewed fig leaves together to cover themselves.” “so they hid from the Lord God among the trees.” The LORD God called to the man, "Where are you?" He replied, "I heard you walking in the garden , so I hid. I was afraid because I was naked." "but it was the woman you gave me who brought me the fruit, and I ate it.“ Portions of Genesis chapter 3, verses 7-12 (4)

5. The way GOD handles my guilt- GRACE

- ✓ Forgiveness
- ✓ Mercy
- ✓ Acceptance
- ✓ Power

Let us come boldly to the throne of our gracious God. There we will receive his mercy and we will find grace to help us when we need it most.

Hebrews chapter 4, verse 16 (922)

Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. *Psalm chapter 32, verse 5 (427)*

So if the Son sets you free, you will indeed be free. John chapter 8, verse 36.

- ✓ Is there an area of shame and guilt that you need God's forgiveness?
- ✓ Trust God and refuse to let your feelings control you.

“Shame says that because I ‘m flawed, I am unacceptable; grace says that even though I’m flawed, I am priceless.” Mike Breaux

6. Embrace Grace!

Everyone who believes in him is freed from all guilt and declared right with God ... Acts chapter 13, verse 39 (787)

Don't abuse your freedom!

What shall we say, then? Shall we go on sinning so that grace may increase?
Romans chapter 6, verse 1 (861)

- Don't give up your freedom for anything!
- “Meditate” on the Word of God.
- Listen to God's Spirit as he reminds you of who you are.
- Offer grace in every relationship in your life.

NEXT WEEK- How To... Build a Strong Family