

## Consumed by... GUILT

November 8-9, 2008

### We are all guilty!

- *For all have sinned; all fall short of God's glorious standard.*  
Romans chapter 3, verse 23 (859)
- *For the wages of sin is death,* Romans chapter 6, verse 23 (861)
  - I am a sinner and God is holy.
  - No one escapes their guilt on their own

### God is perfect in his justice.

*And we know that God, in his justice, will punish anyone who does such things.*

Romans chapter 2, verse 2 (858)

- *For all have sinned; all fall short of God's glorious standard. Yet God, with undeserved kindness declares us not guilty. He did this through Christ Jesus, when he freed us from the penalty of our sins.* Romans chapter 3, verses 23-24 (859)
- *For the wages of sin is death, but the free gift of God is eternal life through Jesus Christ our Lord.* Romans chapter 6, verse 23 (861)
  - God's justice, just as much his love demanded that something be done about my sin.
  - God's justice means that some will spend eternity separated from Him.
  - God's justice is the means by which I can spend eternity with God because...
  - God deals with my guilt once and for all through Jesus Christ.

### When guilt is unresolved...

*For I recognize my shameful deeds- they haunt me day and night.*

*Psalm chapter 51, verse 3 (990)*

*When I refused to confess my sin, I was weak and miserable, 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)*

- God uses guilt to get my attention.
- What do I do with my guilt?
- Guilt is a path to freedom or a path to shame.

### The path from guilt to...

Shame Hiding Fear Blame Unworthy Work it off Misery
---

OR

Honesty Brokenness Confession Strength Obedience Confidence Joy
---

*For my yoke is easy and my burden is light.* “ Matthew chapter 11, verse 30 (742)  
*So if the Son sets you free, you will indeed be free.* John chapter 8, verse 36 (817)

## How the good side to guilt works.

*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)

*But when the Father sends the Counselor as my representative-and by the Counselor I mean the Holy Spirit-he will teach you everything and will remind you of everything I myself have told you.* John chapter 14, verse 26 (823)

## The power of confession.

- ✓ *For if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, **you will be saved.*** Romans chapter 10, verse 9. (864)
- ✓ *Confess your sins to each other and pray for each other **so that you may be healed.** The earnest prayer of a righteous person has great power and wonderful results.*  
James chapter 5, verse 16. (932)
- ✓ *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)

*Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* Hebrews chapter 4, verse 16 (922)

Confession:

1. Make it REGULAR.
  - Go to God right away, he is always available.
  - Set aside time each day for prayer and confession.
2. Make it REAL.
  - God already knows them but talk to God about your individual sins.
  - Avoid rationalizing your sin.
3. Make it RELATIONAL.
  - Acknowledge that your sin has hurt and offended God.
  - Acknowledge that it has hurt and offended others.
  - Thank God for the mercy and forgiveness he will extend you.

*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)

## Live by grace not guilt!

*Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. Because of our faith, Christ has brought us into this place of highest privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory.* Romans chapter 5, verses 1 & 2. (860)

- Claim your righteous identity.
- "God's sight" – live to please him.
- You are at peace with God, stop fighting and stop fearing.
- Since my peace with God is because of Jesus than nothing I do can change that.
- "highest privilege"- the place I am now

Next Week: Consumed by... FEAR