

A Solution for the Guilt I Experience

Series: The Good News About Grace

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REVIEW:

WHAT IS SAVING GRACE?

G=GOD'S GIFT TO ME

Romans 3:24 (NCV) ...and all need to be made right with God by his grace, which is a free gift...through Jesus Christ.

R= RECEIVED BY FAITH

Ephesians 2:8-9 (NIV) For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast.

A= AVAILABLE TO EVERYONE

Romans 10:13 (NIV) “Everyone who calls on the name of the Lord will be saved.”

C= COMES THROUGH CHRIST

John 1:17 (NCV) The law was given through Moses, but grace and truth came through Jesus Christ.

E= EXTENDED THROUGHOUT ETERNITY

Romans 6:23 (NLT) For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

TODAY: A solution for the guilt I experience in life

We all know guilt because if there is one thing we all share, it is the knowledge that we are not perfect.

James 2:10 (LB) The person who keeps every law of God, but makes one little slip, is just as guilty as the person who has broken every law there is.

1. WHAT IS GUILT?

Psalm 38:4 (NIV) My guilt has overwhelmed me like a burden too heavy to bear.

Guilt is a warning light.

There are two kinds of guilt:

A. Genuine guilt

Guilt that comes from the fact that we know that we have done a wrong and hurtful thing.

B. False guilt

Guilt that remains, even after we have confessed it to God and have asked for forgiveness.

How do I tell the difference between the two kinds?

- Does the guilt come from people or God?
- Is the guilt caused by a broken rule or a broken relationship?

2. WAYS OF HANDLING GUILT:

Genesis 3:7-12 (NCV) ...they sewed fig leaves together and made something to cover themselves...they hid from the Lord God... “I was afraid because I was naked”... “she gave me fruit from the tree, so I ate it.”

- Shame
- Hiding
- Blame

3. GOD’S WAY OF HANDLING GUILT: GRACE

I John 1:9 (NIV) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Solution to guilt:

A. Confess our sins to God

When it comes to our guilt, we do one of two things: cover up or face it.

Psalm 69:5 (NCV) God, you know what I have done wrong; I cannot hide my guilt from you.

B. Trust God's character

Hebrews 10:22 (NCV) Let us come near to God with a sincere heart and a sure faith, because we have been made free from a guilty conscience...

We can trust God's faithfulness much more than our feelings.

C. Accept God's forgiveness

John 3:18 (NCV) People who believe in God's Son are not judged guilty...

CONCLUSION:

The church's mission is to be a haven of grace in this world of guilt, shame, and anxiety.

Psalm 32:5 (LB) I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone.

We invite you to look over the verses in your sermon notes this week and ask and answer the following three questions (you are encouraged to get a notebook to record your thoughts):

1. What does the verse say?
2. What does the verse mean?
3. What does the verse mean to me personally?