

## 242: Dealing With Guilt

### **Definition of Guilt:**

1. State of having committed an offense- more legal
2. Feelings of remorse for one's offenses- more emotional and relational

### **2 Kinds Of Guilt:**

Guilt used by \_\_\_\_\_ - remorse for our sins is biblical

we experience a real sense of the separation that sin causes between us, God, and others  
it moves us to repentance & to make right our wrongs, which sets us free

Guilt used by \_\_\_\_\_ - emotion and thought that questions our identity and is used to keep us oppressed

How do we tell the difference?

Guilt is not supposed to be an \_\_\_\_\_ in itself- it is meant to lead to freedom

We are not supposed to find our identity in our sin, but rather in our \_\_\_\_\_.

### **How Does Jesus Remove Our Guilt**

**Atonement**- work of Jesus on the cross to earn our salvation

\_\_\_\_\_ - (God is just) removal of offense,

Jesus removes our sin

\_\_\_\_\_ - (God is loving) removal of the anger towards the offense,

Jesus appeases God's wrath and restores our relationship

Jesus died for our sins- not just to remove the offense itself, but restore our identity and relationship

God has not only legally justified you, he is not mad at you anymore either- this is true forgiveness

THE \_\_\_\_\_ TRIUMPHS OVER GUILT!

Many of us are living a life of guilt- many of us were even taught to live this way

You were taught that God is ticked off and wants to squash you if you give him the chance

We treat guilt like our penalty and even though Jesus removed the offense we should carry guilt

*How does our understanding of the atonement (expiation & propitiation) refute this?*

The Accuser (Satan) \_\_\_\_\_ through guilt, God \_\_\_\_\_ through truth

Truth can bring conviction, mourning, and grief, but it also brings \_\_\_\_\_ and a way out

Guilt without truth leaves us wallowing in hopelessness that can lead to despair, anger, & search for \_\_\_\_\_

Jesus does more than relieve the guilty feelings, he treats the disease that causes the symptoms: sin

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Guilt is also tied in with our perception of our \_\_\_\_\_

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So, we feel like we should try harder

Then we have a feeling of failure- you have tried and not accomplished what you want to accomplish

This makes us either give up & sit in despair or try harder & therefore fail more or escape & not think

We easily then make the determination there is no hope for us

This is very \_\_\_\_\_ centered- the work of the cross is very \_\_\_\_\_ centered

God wants us to look out from our guilt and find atonement and re-creation through the work of Jesus

### **Regeneration**- Being "Born Again"

The Bible tells us that when we become Christians an amazing thing happens- we become \_\_\_\_\_

We used to be in the family of Adam, but we are adopted into the family of God

The old self that is tainted with sin is crucified Christ with we put on the new self that is regenerate in Christ

WE SEE THIS IN \_\_\_\_\_!

Our old identity- sinful, guilty, helpless to atone and to live a better life, skewed image of God

Our new identity- forgiven, loved, free, children of God, renewed image, the enabling power of the Spirit change

*John 3:3 Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again..." 5 "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. 6 Flesh gives birth to flesh, but the Spirit gives birth to spirit.*

*Tertullian: "Every Soul, then, by reason of its birth, has its nature in Adam until it is born again in Christ. Moreover, it is unclean all the time that it remains without this regeneration. And because it is unclean, it is actively sinful."*

*1 Peter 1:23 For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.*

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*Col 3:9 Do not lie to each other, since you have taken off your old self with its practices 10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.*

**Regeneration is something that is done to us, not something that we do: it is the work of the \_\_\_\_\_**

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*Titus 3:3 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. 4 But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, 6 whom he poured out on us generously through Jesus Christ our Savior,*

**We do, however, have a responsibility to participate and pursue \_\_\_\_\_**

*Acts 26:20 I preached that they should repent and turn to God and prove their repentance by their deeds.*

Guilt decreases when sin decreases and holiness increases because we have a better understanding of our identity and we are in less need of guilt to motivate us to remove our sin

*Galatians 5: 16 So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. 17 For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. 18 But if you are led by the Spirit, you are not under law. 19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.*

**Is regeneration instantaneous or a process? The answer is \_\_\_\_\_**

There is a tension in the Christian life that we call “the \_\_\_\_\_ and the not yet”

Jesus has forgiven us & made us holy in the eyes of God & we have the benefits of a right relationship with God

But we are still living into that reality

We are at the same time both \_\_\_\_\_ and \_\_\_\_\_

What does it mean to be “saved”- We have been saved from the \_\_\_\_\_ of sin

We are being saved from the \_\_\_\_\_ of sin

We will be saved from the \_\_\_\_\_ of sin

*Romans 7: 15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good. 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For what I do is not the good I want to do; no, the evil I do not want to do-- this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. 21 So I find this law at work: When I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. 24 What a wretched man I am! Who will rescue me from this body of death? 25 Thanks be to God-- through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin. 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.*

*Philippians 3: 10 I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, 11 and so, somehow, to attain to the resurrection from the dead. 12 Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

So, Christians will not be completely free from guilt in this life- it is still needed and spiritual warfare is still real

## So How Do We Christians Handle Guilt?

*Psalm 32:1 Of David. A maskil. Blessed is he whose transgressions are forgiven, whose sins are covered. 2 Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. 3 When I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin. Selah*

Find the \_\_\_\_\_ of our guilt (through prayer, meditation, reflection, the Scripture, the church)

Is God calling us to realize and make up for a sin in our life?

Or is this the Accuser whispering in our ear to call the power of the Gospel into question?

\_\_\_\_\_ our sins- pursue reconciliation

\_\_\_\_\_ forgiveness- take comfort in the fact that God truly has forgiven you

\_\_\_\_\_ our new identity- be moved by the love & promises of God as manifested in the person & work of Christ

Work out our salvation with fear and trembling- this will be a struggle

Pursue Jesus as part of his \_\_\_\_\_

Pursue holiness

*Philippians 2: 12 Therefore, my dear friends, as you have always obeyed-- not only in my presence, but now much more in my absence-- continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act according to his good purpose.*

What do we do with our emotions? \_\_\_\_\_!

## Resisting the Accuser

Recognize his presence- he is real

*Ephesians 6:10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

Do not let him deceive you: you are not ruled by your emotions, desires, or thoughts- you rule them through Christ  
*2 Corinthians 10:5 we take captive every thought to make it obedient to Christ.*

The weapons we have against Satan- the Spirit, Prayer, the Bible, and the Community

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*Romans 7: 15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good. 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For what I do is not the good I want to do; no, the evil I do not want to do-- this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. 21 So I find this law at work: When I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. 24 What a wretched man I am! Who will rescue me from this body of death? 25 Thanks be to God-- through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin. 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.*

*Philippians 3: 10 I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, 11 and so, somehow, to attain to the resurrection from the dead. 12 Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

So, Christians will not be completely free from guilt in this life- it is still needed and spiritual warfare is still real

## So How Do We Christians Handle Guilt?

*Psalm 32:1 Of David. A maskil. Blessed is he whose transgressions are forgiven, whose sins are covered. 2 Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. 3 When I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin. Selah*

Find the \_\_\_\_\_ of our guilt (through prayer, meditation, reflection, the Scripture, the church)

Is God calling us to realize and make up for a sin in our life?

Or is this the Accuser whispering in our ear to call the power of the Gospel into question?

\_\_\_\_\_ our sins- pursue reconciliation

\_\_\_\_\_ forgiveness- take comfort in the fact that God truly has forgiven you

\_\_\_\_\_ our new identity- be moved by the love & promises of God as manifested in the person & work of Christ

Work out our salvation with fear and trembling- this will be a struggle

Pursue Jesus as part of his \_\_\_\_\_

Pursue holiness

*Philippians 2: 12 Therefore, my dear friends, as you have always obeyed-- not only in my presence, but now much more in my absence-- continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act according to his good purpose.*

What do we do with our emotions? \_\_\_\_\_!

## Resisting the Accuser

Recognize his presence- he is real

*Ephesians 6:10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

Do not let him deceive you: you are not ruled by your emotions, desires, or thoughts- you rule them through Christ  
*2 Corinthians 10:5 we take captive every thought to make it obedient to Christ.*

The weapons we have against Satan- the Spirit, Prayer, the Bible, and the Community

*James 4: 7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you.*

**Remember: The Gospel Triumphs Over Guilt!!**