

# Overcoming Guilt

## INTRODUCTION

- Objective guilt.

<sup>22</sup> "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty *enough to go* into the fiery hell. Matthew 5:22 (NASB)

<sup>27</sup> Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. 1 Corinthians 11:27 (NASB)

<sup>10</sup> For whoever keeps the whole law and yet stumbles in one *point*, he has become guilty of all. James 2:10

- Guilt feelings.

<sup>6</sup> and I said, "O my God, I am ashamed and embarrassed to lift up my face to You, my God, for our iniquities have risen above our heads and our guilt has grown even to the heavens. <sup>7</sup> "Since the days of our fathers to this day we *have been* in great guilt, and on account of our iniquities we, our kings *and* our priests have been given into the hand of the kings of the lands, to the sword, to captivity and to plunder and to open shame, as *it is this day*. Ezra 9:6-7 (NASB)

- You can be guilty and not feel guilty. You can feel guilty and not be guilty.

## I. True guilt feelings versus false guilt feelings.

- True guilt feelings occur when I have violated God's Law or disobeyed him in some way.

<sup>6</sup> "But because I have said these things to you, sorrow has filled your heart. <sup>7</sup> "But I tell you the truth, it is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I go, I will send Him to you. <sup>8</sup> "And He, when He comes, will convict the world concerning sin and righteousness and judgment; <sup>9</sup> concerning sin, because they do not believe in Me; <sup>10</sup> and concerning righteousness, because I go to the Father and you no longer see Me; <sup>11</sup> and concerning judgment, because the ruler of this world has been judged. John 16:6-11 (NASB)

<sup>16</sup> But I say, walk by the Spirit, and you will not carry out the desire of the flesh. <sup>17</sup> For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. <sup>18</sup> But if you are led by the Spirit, you are not under the Law. Galatians 5:16-18

I am telling the truth in Christ, I am not lying, my conscience testifies with me in the Holy Spirit, Romans 9:1

- False guilt feelings occur when I fail to meet someone's expectations or standards, but those expectations are not God sanctioned.

**<sup>10</sup> Then I heard a loud voice in heaven, saying, "Now the salvation, and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brethren has been thrown down, he who accuses them before our God day and night. Revelation 12:10 (NASB)**

- How to distinguish between true guilt feelings and false guilt feelings.

## II. How to overcome guilt.

- Determine whether you have true guilt or false guilt.
- With true guilt confess your sins and claim God's forgiveness.

**<sup>9</sup> If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9 (NASB)**

- With false guilt claim God's truth and resist the Enemy.

**<sup>1</sup> Therefore there is now no condemnation for those who are in Christ Jesus. Romans 8:1 (NASB)**

**<sup>31</sup> What then shall we say to these things? If God *is* for us, who *is* against us? Romans 8:31 (NASB)**