

# Got HOPE?

## Our **Guilt** God's **Forgiveness**

April 19, 2009

**I John 4:18** Perfect love drives out fear, because fear has to do with punishment...fear always contains some of the torture of feeling guilty.

### **Guilt Causes Fears...**

I'll be found out

I'll be rejected by others

Someone will retaliate for what I've done

God is going to judge me

### **How We Often Deal With Our Guilt:**

#### **We Bury It**

**Proverbs 28:13** People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

**Psalms 32:3-5** David: "... I wouldn't admit (my guilt). But my dishonesty made me miserable and filled my days with frustration. My strength evaporated... until I finally admitted all my sins and stopped trying to hide them."

#### **We Blame Others**

**Genesis 3:12** The man replied, "It was the woman you gave me who gave me the fruit, and I ate it."

**Proverbs 19:3** People ruin their lives by their own foolishness and then are angry at the LORD.

#### **We Beat Ourselves Up**

**Psalms 38:4-5** My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins.

### **How I Should Deal With My Guilt:**

#### **1. Admit it**

**Proverbs 20:27** The Lord gave us a mind and a conscience. We cannot hide from ourselves.

**Lamentations 3:40** Instead, let us test and examine our ways. Let us turn back to the LORD.

#### **2. Accept responsibility for it**

**Psalms 51:3** For I recognize my rebellion; it haunts me day and night.

**James 5:16** Confess your sins to each other and pray for each other so that you may be healed.

#### **3. Ask God to forgive it**

**I John 1:9** But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

**Romans 3:23-24** All of us have sinned... yet God declares us 'not guilty' IF we trust in Jesus Christ, who in mercy freely takes away our sins.

## **What God Does With My Guilt:**

**He forgives me...Instantly!**

**Isaiah 55:7** God is merciful and quick to forgive.

**He forgives me...Completely!**

**Colossians 2:13-14** You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross.

**He forgives me...Repeatedly!**

**Hebrews 7:25** (Christ)... is always interceding on our behalf.

**He forgives me...Freely!**

**Ephesians 1:7** He is so rich in kindness and grace that he purchased our FREEDOM with the blood of his Son and forgave our sins.

*Oh, what joy for those whose disobedience is forgiven,  
whose sin is put out of sight! Yes, what joy for those  
whose record the LORD has cleared of guilt,  
whose lives are lived in complete honesty!*

***Psalm 32:1-2***