

What Do I Do with Guilt?

What is Guilt?

- 1 the fact of having committed an offence or crime.
- 2 a feeling of having done wrong or failed in an obligation.

There is a difference between having guilt and feeling guilt

What to do if you Feel Guilt

- Determine if you have guilt

Romans 14:14, 23 (NKJV)

I know and am convinced by the Lord Jesus that there is nothing unclean of itself; but to him who considers anything to be unclean, to him it is unclean. ... **23** he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin.

You might not have guilt

- Because feelings are not reality

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- Because feelings are not reality
- Because customs, habits, plans and preferences are not law
- Because you are not omniscient
- Because you are not omnipotent
- Because you are not perfect
- You have guilt if you have broken the laws of God or society

Stinkin' Thinkin' that leads to False or Exaggerated Guilt

- Emotional Reasoning
- Magnification
- Labeling
- Self-blame
- Inappropriate “should” statements

Stinkin' Thinkin'

“It’s my fault that she died”

“I am a failure as a preacher”

“I’m totally ineffective in helping others”

“I’m never going to be able to make a difference”

“It’s not worth trying to save people if they’re going to throw it all away like that”

“I should have found a way to stop her”

“She was counting on me and I let her down”

Philippians 4:8 (NKJV)

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things.

What to do if you feel Guilt

- Determine if you have guilt
- If so, remove the guilt

If You Have Guilt, Remove It

Leviticus 5:1–6, 13 - ‘If a person sins in hearing the utterance of an oath, and is a witness, whether he has seen or known of the matter—if he does not tell it, he bears guilt. **2** ‘Or if a person touches any unclean thing, whether it is the carcass of an unclean beast, or the carcass of unclean livestock, or the carcass of unclean creeping things, and he is unaware of it, he also shall be unclean and guilty. **3** Or if he touches human uncleanness—whatever uncleanness with which a man may be defiled, and he is unaware of it—when he realizes it, then he shall be guilty. **4** ‘Or if a person swears, speaking thoughtlessly with his lips to do evil or to do good, whatever it is that a man may pronounce by an oath, and he is unaware of it—when he realizes it, then he shall be guilty in any of these matters. **5** ‘And it shall be, when he is guilty in any of these matters, that he shall confess that he has sinned in that thing; **6** and he shall bring his trespass offering to the LORD for his sin which he has committed, a female from the flock, a lamb or a kid of the goats as a sin offering. ... **13** The priest shall make atonement for him, for his sin that he has committed in any of these matters; and it shall be forgiven him.’

How to Remove Guilt - OT

- Realize you have sinned
- Confess your sin
- Bring an acceptable trespass offering to God
- The priest makes atonement for your sin
- You are forgiven!

How to Remove Guilt - NT

- Realize and repent of your sin
- Confess your faith in Jesus who is:
 - The acceptable trespass offering to God
 - Also the priest who makes atonement for your sin
- When you are baptized in his name, you are forgiven!

Remove your Guilt!

Romans 10:9 - that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Acts 2:38 - Then Peter said to them, “Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.

How to Remove Guilt – As A Christian

- Realize you have sinned and repent
- Confess your sin
- Jesus continues to be your trespass offering
- Jesus continues to make atonement for your sin
- You are forgiven!

Remove Your Guilt!

1 John 1:7–9 - But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. 8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

What to do if you Feel Guilt

- Determine if you have guilt
- If so, remove the guilt
- Either way, stop feeling guilt

Stop Feeling Guilt

- When you are forgiven you are morally perfect/righteous before God
- We can boldly come into His presence with full assurance faith
- When you sin again, you have guilt and should feel guilty, so remove guilt again!
- We should not forget that we have sinned and do sin, but we should also not forget that we have been forgiven

The Horrible Results of Lingering Guilt

Remove Your Guilt and Your Guilty Feelings!

1 John 1:7–9 - But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. 8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Hebrews 6:17–20 (NKJV)

Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, **18** that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. **19** This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, **20** where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

The Joy of Forgiveness

Psalm 51:7–12 - Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. **8** Make me hear joy and gladness, That the bones You have broken may rejoice. **9** Hide Your face from my sins, And blot out all my iniquities. **10** Create in me a clean heart, O God, And renew a steadfast spirit within me. **11** Do not cast me away from Your presence, And do not take Your Holy Spirit from me. **12** Restore to me the joy of Your salvation, And uphold me by Your generous Spirit.

Psalm 32:1–5, 11 (NKJV)

Blessed is he whose transgression is forgiven, Whose sin is covered. 2 Blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit. 3 When I kept silent, my bones grew old Through my groaning all the day long. 4 For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah 5 I acknowledged my sin to You, And my iniquity I have not hidden. I said, “I will confess my transgressions to the LORD,” And You forgave the iniquity of my sin. ... 11 Be glad in the LORD and rejoice, you righteous; And shout for joy, all you upright in heart!