

New Year - New You

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Exchanging Guilt with Grace

For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it.

James 2.10 (NIV)

What is Guilt?

Guilt is _____?

My guilt has overwhelmed me; like a load it weighs me down.

Psalm 38.4 (NCV)

There are two kinds of guilt:

GENUINE Guilt

The Purpose of this 'kind' of Guilt is to provide a WARNING . . .
So the it can be REPAIRED.

Key Word: CORRECTION

FALSE Guilt

The Purpose of this 'kind' of Guilt is to limit your FUTURE . . .
By remaining in the PAST.

Key Word: FAILURE

Knowing the Difference:

- 1) Is the focus on *people* or is it on *God*?
False guilt is that which comes as the results of judgments and the suggestions of others.
Result: **Living life to meet the expectations of Others**
- 2) Is it *vague* or is it *specific*?
Confusion, misunderstanding and chaos is nothing short of an attack on our life's from the enemy of God."
Result: **Never dealing with the 'real' problem, only the symptoms**
- 3) Have *rules* replaced *relationships*?
Religion, rules and standards become more valued than relationships.
Result: **Duty replaces desires. Priority over passion.**

OUR way of handling the Guilt: SIN

- A) We often respond with SHAME.
- B) We often HIDE.
- C) We often seek to find and BLAME.

It was the woman you put here with me," the man said. "She gave me some of the fruit, and I ate it.

Genesis 3.12 (CEV)

GOD'S way of handling the Guilt: GRACE

But if we confess our sins to God, he will keep his promise and do what is right: he will forgive us our sins and purify us from all our wrongdoing.

1 John 1.9 (GNT)

- A) CONFESS your Sin

God, you know what I have done wrong; I cannot hide my guilt from you.

Psalm 6.5 (NCV)

Therefore, confess your sins to one another, and pray for one another so that you may be healed.

James 5.16 (NASB)

- B) TRUST God's Character

Let us draw near with a sincere heart in the assurance that faith brings, because we have had our hearts sprinkled clean from an evil conscience.

Hebrews 10.22 (NET)

- C) ACCEPT God's Forgiveness

Until 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.