

# Freedom From Guilt

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## I. Finding Freedom from Guilt.

A. Women have to be careful to distinguish between proven facts and unsupported theories.

B. Often people's problems stem, not from being victims of their conscience, but from being violators of their conscience.

C. Your upbringing effects your disposition.

D. When God considers people he looks at all causes and effects.

E. God longs to work in all our lives, wants us to turn from our true guilt and let him do His will.

## F. Facts about Guilt.

1. Conscious of guilt in experience in Guilt.

2. Guilt is the opposite of worthiness in the realm of feelings.

a) Worthiness is being clean, and okay, and acceptable.

b) Guilt has been called *moral anxiety*.

## G. Kinds of Guilt.

1. Good (Healthy) Guilt.

a) Guilt before God - good function in our lives.

b) Guilt before Men - violating some cultural aspect.

2. Bad Kinds of Guilt.

a) Guilt as a method of punishment.

b) False guilt - a feeling of guilt over something that's not actually wrong.

1) Inferiority, shame, general feelings of rejection or not measuring up.

## H. Sin.

1. There is a personal God who you are accountable to - it takes a far greater step of faith to believe there is no God than to believe that there is.
2. You cannot have true Christianity without sin.
3. Sin is not just the obvious act, but also the thought behind that act - Jesus equated the act of sinful lust to the act of sexual immorality.
4. Sin springs from our sinful human nature - sin is what we are.
5. Sin can exist as an omission.

## I. Human ways of handling our guilt.

1. Moral and Religious effort - trying to earn forgiveness (not always a conscious choice).
2. Partially correcting a situation.
3. Confessing sin in an inadequate way (trading one for the real sin).
4. If there's not God, then there's not sin and therefore no guilt is necessary.
5. There are no true standards of right and wrong - ***our unconscious mind does not accept these theories.***
6. Daily Techniques:
  - a) Denial.
  - b) Rationalization.
  - c) Projection.
  - d) Intellectualization.
  - e) Excuse ourselves.
  - f) Self condemnation.

## J. Unresolved Guilt.

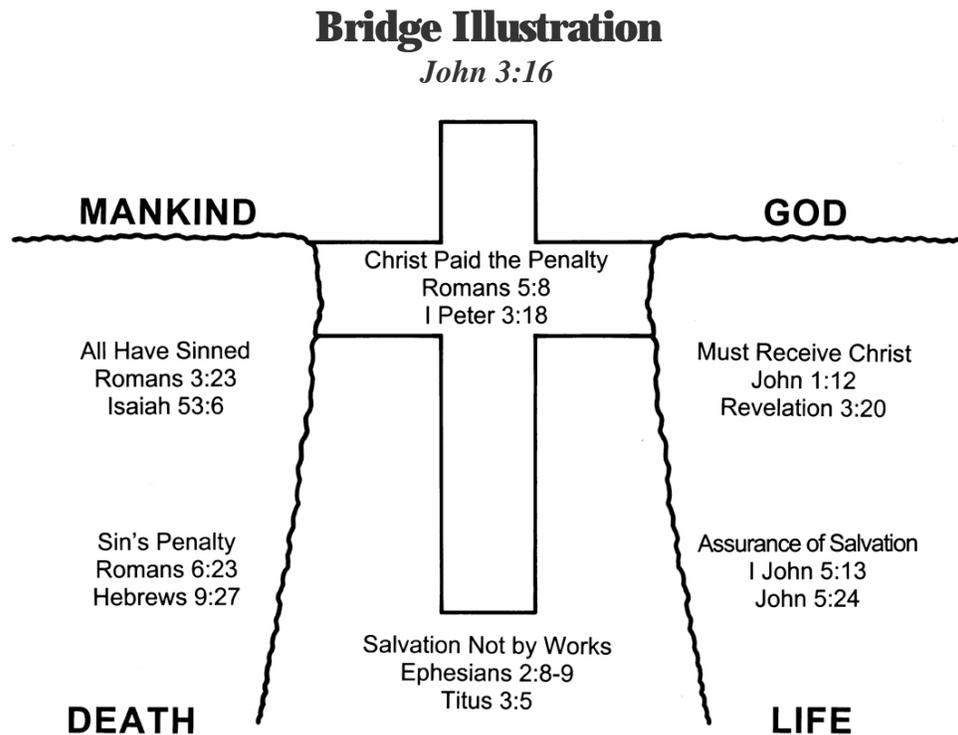
1. Brings separation from people - causes us to erect protective walls.

2. Blocks love.
3. If you don't resolve guilt, you suffer a loss of self respect and decay inside.
4. Can lead to deep depression.
5. Separates us from our true selves.

K. Basic Guilt - Guilt of our independence from God.

1. God created man in his image.
2. Man chose to disobey God - to choose his own path and go his own way.
3. Separation from God brings great emptiness.

L. Death is separation from God - spiritual death ends in eternal exclusion from God.



M. God is a just judge and the wages of sin is Death.

N. God has bridged the gap between sinful man and Himself with his son Jesus - John 3:16

O. Jesus' credentials:

1. He is the son of God - perfect and sinless.
2. He chose to die for our sins - once and for all.
3. He rose again - therefore he is a risen Savior.

P. It's Your Choice so Let Him in - John 5:24

1. Jesus gave these 3 promises about salvation:
  - a) We have eternal life - I John 5:11-12
  - b) We will never be condemned.
  - c) We have crossed over from death to life.

Q. God will not force you to choose salvation; He will not intrude upon your free will.

1. There are 2 reasons for this.
  - a) God cannot allow sin into heaven.
  - b) If we cannot be comfortable with God's presence on Earth, how could we be comfortable with Him in heaven?

R. Resolve your guilt.

S. Assurance.

1. God is merciful and eager to forgive.
2. God is Just - He will never require more than one payment and Christ paid the price in full.
3. God is true to His Word.

T. God's Provisions:

1. Confession - I John 1:9
2. The life of Christ within us - II Corinthians 5:17; Galatians 2:20