

How Can I Handle **Guilt?**



When Guilt is Good

- Guilt: “Feeling of deserving blame for offenses”
 - Signifies the conscience is working properly

Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, through the insincerity of liars whose **consciences are seared**

– I Timothy 4:1-2

When Guilt is Good

- Guilt: “Feeling of deserving blame for offenses”
 - Signifies the conscience is working properly
 - Ability to discern between right and wrong by godliness
 - A seared conscience doesn’t care about standards

To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both **their minds and their consciences are defiled.** – Titus 1:15

When Guilt is Good

- Guilt: “Feeling of deserving blame for offenses”
 - Signifies the conscience is working properly
 - Ability to discern between right and wrong by godliness
 - A seared conscience doesn’t care about standards
 - Good conscience is capable of feeling

The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith

-- I Timothy 1:5

Inappropriate Responses to Guilt

- Lower the Bar
 - Change the standard...
 - Toward God: He is unfair/expects too much of me
 - Toward God's commands

Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter! Woe to those who are wise in their own eyes, and shrewd in their own sight! – Isaiah 5:20-21



Inappropriate Responses to Guilt

- Lower the Bar
- Intoxication
- Blame Others
- Turn to “Religion”



Dealing with Guilt the Right Way

- Jesus Christ
 - Guilt and peace cannot cohabit

How much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, **purify our conscience** from dead works to serve the living God.

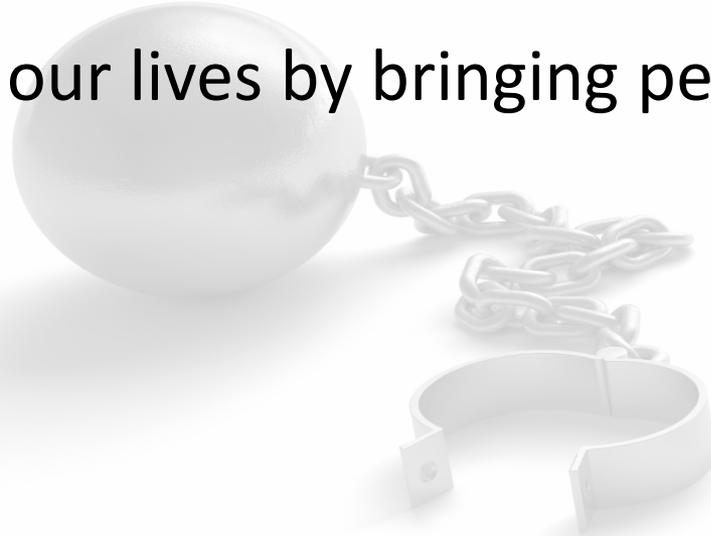
– Hebrews 9:14

So that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ, who will sustain you to the end, **guiltless** in the day of our Lord Jesus Christ.

-- I Corinthians 1:8

Dealing with Guilt the Right Way

- Jesus Christ
 - He changes our lives by bringing peace



- But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For **he himself is our peace**, who has made us both one and has broken down in his flesh the dividing wall of hostility – Ephesians 2:13-14
- And the **peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:7
- May the God of hope **fill you with all joy and peace** in believing, so that by the power of the Holy Spirit you may abound in hope. – Romans 15:13



But Guilt is Still Crushing Me...

- Take Another Look at Your View of Salvation
 - **NOT** second guessing...this adds to guilt
 - Was baptism “enough religion?”
 - If so, may have never known Jesus Christ
 - If Jesus is not known, peace is not known



But Guilt is Still Crushing Me...

- Take Another Look at Your View of God
 - This includes understanding Satan's motives
 - Satan (the Accuser)
 - Case Study: Job
 - Used friends to taint view of God (22:5-11)



But Guilt is Still Crushing Me...

- Take Another Look at Your View of God
 - Satan's accusations must not rob you of God's peace
 - God moved Heaven and Earth to make us guiltless

For your obedience is known to all, so that I rejoice over you, but I want you to be wise as to what is good and innocent as to what is evil. The **God of peace** will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you. – Romans 16:19-20



But Guilt is Still Crushing Me...

- Take Another Look at Your View of God
 - Satan's accusations must not rob you of God's peace
 - God moved Heaven and Earth to make us guiltless

As far as the east is from the west, so far does he remove our transgressions from us. – Psalm 103:12



But Guilt is Still Crushing Me...

- Take Another Look at Yourself
 - Poor self-image can bring about crushing guilt
 - Christian Image: Christ living in me
 - Perfectionist tendencies can bring guilt
 - Lack of perfection makes me feel inferior
 - “I’m not as good as him, her...”



But Guilt is Still Crushing Me...

- Take Another Look at Yourself
 - Understand some things **cannot** be undone
 - Guilt comes from past mistakes – real and imagined
 - Seek forgiveness from God and others involved
 - **Don't** let others take you on a guilt trip
 - Sometimes exaggerated in our own minds
 - Real or not, it is not God's standard



Freedom



in Christ