

Series: "THE STRUGGLE IS REAL"
Part 3: "GUILT AND SHAME"
Crossroads Community Church
May 9, 2021

2 Definitions:

1. Guilt: feeling bad about _____ I _____

²³ for all have sinned and fall short of the glory of God...

Romans 3:23 (NIV)

2. Shame: feeling bad about _____ I _____

The Problem:

Guilt and shame _____ us (from God and others)

²⁵ Adam and his wife were both naked, and they felt no shame.

Genesis 2:25 (NIV)

⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. ⁸ Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. ⁹ But the Lord God called to the man, "Where are you?" ¹⁰ He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Genesis 3:7-10 (NIV)

2 Unhealthy Ways We Try to Cope:

1. We try to _____

2. We try to _____

The Solution:

Jesus came to _____ from the power of guilt and shame

¹ Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Romans 8:1-2 (NIV)

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Romans 8:14-17 (NIV)

- **Guilt and shame can't survive when they are _____**

Sermon Notes:
