

A NEW VIEW OF YOU
Best Life Ever – Part 3 of 6

“17 Don’t you see that whatever enters in the mouth goes into the stomach and then out of the body? 18 But the things that come out of the mouth comes from the heart and these defile you. 19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, and slander. 20 These are what defile a person.” Matthew 15:17-20

“Above all else guard your heart, because everything you do flows from it.” Proverbs 4:23

BOTTOM LINE: Guarding our heart involves two important things:

- **REMOVING** unhealthy thought patterns from our life
- Keeping them **OUT**.

POWERFUL EMOTION: **GUILT**

OBSERVATION #1: Denying, or excusing or being defined by it, always **EMPOWERS** guilt, and it creates a **DEBT-DEBTOR** relationship.

OBSERVATION #2: We don’t experience guilt as debt, rather we experience it as a **WEIGHT** that throws us off **BALANCE**.

OBSERVATION #3: We carry the weight of guilt **EVERYWHERE** we go.

OBSERVATION #4: If we don’t resolve it, it grows into something very dangerous: **ANGER**.

“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. 3 For what the law was powerless to do... God did by sending His own Son in the likeness of sinful man...” Romans 8:1-3a

“The Word became flesh and dwelt among us. We have seen his glory, the glory of the one and only son, who came from the Father, full of grace and truth.” John 1:14

“For what the law was powerless to do...God did by sending His own Son in the likeness of sinful man to be a sin offering.” Romans 8:3

“3 ...And so he condemned sin in sinful man, 4 in order that the righteous requirements of the law might be fully met in us...” Romans 8:3b-4a

When you enter into a relationship with God through Christ...

KEY TRUTH #1: You **FORFEIT** the right to condemn yourself because you are not yours to condemn.

KEY TRUTH #2: You realize that God condemned **SIN**; He did not condemn **YOU**.

“So, I tell you that all her sins are forgiven, and that is why she has shown great love. But anyone who has been forgiven for only a little will show only a little love.” Luke 7:47

KEY TRUTH #3: You forfeit the right to condemn others because that would make you a **HYPOCRITE**.

KEY TRUTH #4: You are free to make **RESTITUTION** without expectations and excuses.