

## **GUILT & OUR REDEMPTION - AMY HILLIAR**

I'll start off by saying that I am Amy, married to Tim and we have a baby girl who is 11 months old. The other night we had a terrible night with our baby. She has been having some sleep problems - as most babies do - she struggles to fall asleep sometimes and that night was one of those nights. She woke up at around 10pm and just didn't want to go back to sleep. Normally I'm quite gracious about these things (I like to say I'm the more patient one in the relationship!) and so I go into her room time and time again, do the same thing over and over, and wait for her to fall asleep.

But this night something just snapped. I was so angry that she wasn't going to sleep and I literally walked into our room and said to Tim, "You have to take over, this child is not going to sleep and I am so angry!" and I remember leaning over her cot and saying, "Maya, go to sleep!" When I woke up the next morning I felt so guilty about the way I had behaved and that I was really ugly to her and to Tim but I when saw her for the first time she was so happy to see me, she had totally forgotten about what happened the night before. It got me thinking about this "thing" of guilt. In this particular case "mom guilt," where sometimes as moms we feel guilty about so many of the things we do.

But it's so much bigger than that. We can actually feel guilty about so much in our lives and that guilt can rob us of things God has for us like joy, peace, prosperity and maybe even our health. In *Ezra 9:15* it says, "*Oh Lord, God of Israel, You are Righteous! We are left this day as a remnant. Here we are before You in our guilt, though because of it not one of us can stand in Your Presence.*"

Here the Israelites were feeling so guilty and shameful about the sin they had committed that they couldn't come into God's presence. But we have Christ who has made us clean and able to come into the presence of God - He covers us with purity and makes us white as snow, as some old hymns remind us.

The Word is about living in freedom. Freedom from guilt and shame and condemnation. So I encourage you today to be introspective about your own life and see where those areas are that you may unnecessarily carry guilt and shame and condemnation. And really ask God to bring the reality of His freedom into your life so that you don't have to live being weighed down by these things.

I hope this message encourages you and it comes with lots of love from Durban!