

GRIPPED BY GUILT

GHOSTS OF CHRISTMAS PAST: PART 3

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Pastor Brian

"My guilt overwhelms me— it is a burden too heavy to bear." (Psalm 38:4, NLT)

"When troubles ganged up on me, a mob of sins past counting, I was so swamped by guilt I couldn't see my way clear. More guilt in my heart than hair on my head, so heavy the guilt that my heart gave out." (Psalm 40:12, The Message)

What's the difference between guilt, shame and conviction?

- SHAME IS WHEN I FEEL BAD ABOUT WHO I'VE BECOME.

"I live in disgrace all day long, and my face is covered with shame" (Psalm 44:15, NIV)

"...I want you to feel the shame and disgrace of what you are doing. I, the Sovereign LORD, have spoken." (Ezekiel 36:32, GNB)

- GUILT IS WHEN I FEEL BAD ABOUT THINGS I HAVE DONE.

"Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night." (Psalm 51:1–3, NLT)

- CONVICTION IS WHEN GOD PROMPTS ME TO RESPOND PROPERLY TO MY SIN.

"And when [the Holy Spirit] comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment." (John 16:8, NLT)

HOW DOES GOD FORGIVE?

1. GOD FORGIVES INSTANTLY.

"...you are a God of forgiveness, always ready to pardon, gracious and merciful, slow to become angry, and full of love and mercy..." (Nehemiah 9:17, The Living Bible)

"...the LORD, our God; he is merciful and quick to forgive." (Isaiah 55:7, GNB)

2. GOD FORGIVES COMPLETELY.

"For You, O Lord, are good, and ready to forgive [our trespasses, sending them away, letting them go completely and forever]..." (Psalm 86:5, AMP)

"...says the Lord, and I will forgive and forget their sins." (Jeremiah 31:34, The Living Bible)

3. GOD FORGIVES REPEATEDLY.

"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness." (1 John 1:9, NLT)

4. GOD FORGIVES FREELY.

"Yes, all have sinned; all fall short of God's glorious ideal; yet now God declares us "not guilty" of offending him if we trust in Jesus Christ, who in his kindness freely takes away our sins." (Romans 3:23–24, The Living Bible)

"For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift, so that no one can boast about it." (Ephesians 2:8–9, GNB)

HOW TO BE FULLY FORGIVEN

BELIEVE AND RECEIVE

"Everyone who trusts in him is freed from all guilt and declared righteous—something the Jewish law could never do." (Acts 13:39, The Living Bible)

"But now in a single victorious stroke of Life, all three—sin, guilt, death—are gone, the gift of our Master, Jesus Christ. Thank God!" (1 Corinthians 15:57, The Message)

"Therefore, there is now no condemnation for those who are in Christ Jesus," (Romans 8:1, NIV)