

Sermon Notes

5-12-24 - Happy Mother's Day - Guilt Shame Regret & GRACE!

But, the Grace of God covers all these things!

What is "grace?"

Grace is unmerited favor, it's getting what we don't deserve.

Guilt - Action Based

++Shame - Identity Based

Shame is the intensely painful, or experience of believing, that we are flawed and now unworthy of love and belonging - therefore, it's something we've experienced, done, or failed to do that makes us feel unworthy of connection. -- Brene Brown

WE USUALLY EXPERIENCE SHAME WHEN:

- * ++Someone doesn't reciprocate our friendship or love
- * ++We feel left out or we don't belong
- * ++We draw unwanted attention to ourselves
- * ++We don't meet an expectation or a goal

Guilt - Action Based

Shame - Identity Based

++Regret - Perspective Based

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OUR NORMAL REACTION IS TO DO EVERYTHING WE CAN TO GET RID OF THOSE FEELINGS:

++-Rationalization-

++-Justification-

++-Comparison-

++-Distraction-

++-Escapism-

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Hebrews 12:15

15 Make sure that no one falls short of [misses] the grace of God and that no root of bitterness springs up, causing trouble and defiling many.

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3 WAYS TO DEAL WITH G / S / R

++#1 - Recognize, in Christ, you are a new creation, although, still capable of sin.

(You're NOT a saved "sinner.")

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1 Timothy 1:14–15

14 The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.

15 Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst.

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As long as we think, 'I'm not that bad,' grace will never seem that good.

-Kyle Idleman "Grace Is Greater".

3 WAYS TO DEAL WITH G / S / R"

#1 - Recognize, in Christ, you are a new creation, but still capable of sin.

(You're not a saved "sinner.")

++#2 - Repent and experience the fullness of God's grace.

How can God forgive me when I can't forgive myself?

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Ephesians 1:7

7 He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

2 Corinthians 7:10

10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

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3 WAYS TO DEAL WITH G / S / R"

#1 - Recognize, in Christ, you are a new creation, but still capable of sin.

(You're not a saved "sinner.")

#2 - Repent and experience the fullness of God's grace.

++#3 - Realize God's grace is redemptive!

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2 Corinthians 1:3–4

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,

4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

John 10:7–10

7 Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep.

8 All who have come before me are thieves and robbers, but the sheep have not listened to them.

9 I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Psalm 18:16–17

16 He reached down from on high and took hold of me; he drew me out of deep waters.

17 He rescued me from my powerful enemy, from my foes, who were too strong for me.

Psalm 119:50

50 My comfort in my suffering is this: Your promise preserves my life.

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God's Grace is greater than any feelings of guilt, shame or regret in your life. Receive his gift of freedom.

WE WANT MORE IN 2024:

++1. Deeper encounters with Jesus.

++2. Salvation & baptisms in Jesus.

++3. Hearts serving like Jesus.

++4. Minds of obedience to Jesus.

++5. Burden for people to know Jesus.