

NOT FEELING IT

Forgiveness • Relationships
Sexuality • Spiritual Formation • Prayer

Not Feeling It | “Forgiving Myself: The Gift of Guilt” Luke 22:59-62 & Mt. 27:3-5

“Judah’ how can I be a better dad?” → You can play a game with me every day. → I feel GUILTY!

→ Have you ever felt bad about something? Maybe you neglected your kids, said something hurtful to a loved one, spent your paycheck on scratch tickets, can’t stop looking at porn, or made a mistake at work that cost your team at work. We’ve all been there! It can be difficult to forgive ourselves. The question is, “What do we do with that guilt?”

False guilt/shame: maybe your parents divorced, someone molested you as a child, maybe someone blamed you for a terrible decisions THEY made... THIS WAS NOT YOUR FAULT! We also need to be careful to NOT compare ourselves to other people. Comparison draws false guilt & shame. “Why am I not like them?” → Good guilt is owning OUR STUFF.

→ **What do we do with guilt?** → Let’s read about two men who messed up with vastly different outcomes.

- **Luke 22:59-62** - A little later someone else insisted, “You must be one of them, because you are a Galilean, too.” But Peter said, “Man, I don’t know what you are talking about.” And immediately, while he was still speaking, the rooster crowed. At that moment the Lord turned and looked at Peter. Suddenly, the Lord’s words flashed through Peter’s mind: “Before the rooster crows tomorrow morning, you will deny three times that you even know me.” And Peter left the courtyard, weeping bitterly.
- **Matthew 27:3-5** - When Judas, who had betrayed him, realized that Jesus had been condemned to die, he was filled with remorse. So he took the thirty pieces of silver back to the leading priests and the elders. “I have sinned,” he declared, “for I have betrayed an innocent man.” “What do we care?” they retorted. “That’s your problem.” Then Judas threw the silver coins down in the Temple and went out and hanged himself.

We’ve all messed up. → We’ve all denied God & messed up. → We feel guilt. → **Our mess reveals we need a Messiah.**

- **BASICS:** We’ve all sinned (Rom. 3:23). → Sin leads to death (Rom. 6:23). → HS convicts of sin (Jn. 16:8).
- **Guilt is good because it reveals God is working in our hearts!**
- **GOOD NEWS:** This is why Jesus died on the cross. He KNEW we’d mess up.
- **“Im not feeling it: GUILT”** → Empty Gas Light Indicator
 - **IGNORANT:** Read the Word of God and ask God to reveal Truth to you. → **Sin has different consequences.**
 - **CALLOUS:** Your heart is calloused and you need to ask God to bring Godly conviction.

→ **TRANSITION:** We’ve all messed up...and feel guilt. What do you DO with that guilt?

Our guilt can lead to the gift of God’s grace. → **Go to God with your guilt!**

- **BASICS:** Guilt leads TO God (2 Cor. 7:10). → Confession leads to cleansing & healing. (Jn. 1:9 & James 5:16).
- **We go to God with our guilt...BY CONFESSING!** → We can’t change the past...but we can confess it.
- **“Im not feeling it: FORGIVEN”** → Do you practice confession? → There may be unconfessed sin in your life.
 - Choose to confess every day (The Lords Prayer includes asking forgiveness).
 - Seek help from a trusted spiritual mentor/counselor/small group (join one).
 - Meditate on God’s promises by memorizing Scripture to remind yourself of the Truth.
 - Take communion & be reminded Jesus said, “IT IS FINISHED.”
 - Get water baptized! = Identify with Jesus’ death & resurrection! → **WE ARE NOT OUR SIN!**
 - Samson: “FORGIVEN! → If God has forgiven you...can you forgive yourself?
 - **Forgive People Forgive themselves!**

Prayer: Lord, we give you our guilt by confessing our sin. We receive the gift of your grace & forgiveness.

TALK ABOUT IT - Questions to GROW through with family, friends, & myself.

1. Have you ever experienced guilt, shame, and/or conviction? If so, how did it impact you?
2. How can guilt be viewed as a chance to develop a closer relationship with God?
3. How is Jesus' death on the cross connected to our sin and guilt? Why is this "good news?"
4. What actions can you take this week to practice accepting God's forgiveness?
5. **PRAYER:** "Father, I confess my sin! Help me to be free of guilt and shame!"

SCRIPTURES: New Living Translation unless otherwise noted.

- **Romans 3:23** - *For everyone has sinned; we all fall short of God's glorious standard.*
- **John 16:8** - *And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment.*
- **Romans 6:23** - *For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.*
- **1 Peter 2:24** - *He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.*
- **2 Corinthians 7:10** - *For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.*
- **1 John 1:9** - *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.*
- **James 5:16** - *Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*

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