

**Honest To God
Guilt Trip
Discover Church
Mark Phillips
June 25, 2023**

Great to have a faith in God, better to “know” God.

Two ways to take a guilt trip:

1. **Being** Guilty

Speed Limit Sign – see picture uploaded to production drive

2. **Feeling** Guilty

Being guilty is about what you have **Done**; Feeling guilty is about who you **Are**

You can **BE** guilty and not **Feel** guilty

You can **Feel** guilty and not **Be** guilty

You can **Be** guilty and **Feel** guilty

When You Are Guilty

1. Trust God's **Mercy**

“Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins.” Psalm 51:1

“Wash me clean from my guilt. Purify me from my sin.” Psalm 51:2

2. Admit your **Guilt**

“For I recognize my rebellion; it haunts me day and night.” Psalm 51:3

“Against you, and you alone, have I sinned; I have done what is evil in your sight.” Psalm 51:4(a)

3. Recognize God's judgment is **Just**

"You will be proved right in what you say, and your judgment against me is just." Psalm 51:4(b)

4. Joy comes from God's **forgiveness**

*"Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!
2 Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!" Psalm 32:1-2*

5. Don't refuse to **confess** your guilt

"When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat." Psalm 32:3-4

- **Ignore** it
- **Avoid** it
- **Dismiss** it
- Move **past** it

6. My guilt can be **Gone**

"Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone." Psalm 32:5

When you admit guilt to God, you admit help from God.

"And you forgave me! All my guilt is gone." Psalm 32:5

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Two ways to take a guilt trip

1. _____ Guilty
2. _____ Guilty

Being guilty is about what you have _____; Feeling guilty is about who you

When You Are Guilty

1. Trust God's _____
2. Admit your _____
3. Recognize God's judgment is _____
4. Joy comes from God's _____
5. Don't refuse to _____ your guilt
6. My guilt can be _____

Scripture: Psalm 51:1-4; Psalm 31:1-5