

**Series:** ELEVATE: How to Deal with How You Feel

**Title:** REGRET: Dealing with Feeling Ashamed

**Text:** *"I acknowledge my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah."* *Psalm 32:5*



**Memory Verse:**

*"These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."* *John 15:11*

**Big Idea:** Guilt is the Tension between \_\_\_\_\_ and Satisfaction

**Five Actionable Ideas to Relieve the Tension of Guilt so  
That You Can Find Your Place of Satisfaction.**

**I) Avoid Guilt by Listening to Your \_\_\_\_\_.**

*"And they said one to another, We are verily guilty concerning our brother, in that we saw the anguish of his soul, when he besought us, and we would not hear; therefore is this distress come upon us."* *Genesis 42:21*

*"And he that doubteth is damned if he eat, because he eateth not of faith: for whatsoever is not of faith is sin."* *Romans 14:23*

**II) Avoid Guilt by Listening to \_\_\_\_\_ Friends.**

*"And Reuben answered them, saying, Spake I not unto you, saying, Do not sin against the child; and ye would not hear? therefore, behold, also his blood is required."* *Genesis 42:22*

**III) Avoid Guilt by Following \_\_\_\_\_.**

*"Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and all the world may become guilty before God."* *Romans 3:19*

*"Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith."* *Galatians 3:24*

**IV) Avoid Guilt by Remembering God \_\_\_\_\_ Sin.**

*"And Reuben answered them, saying, Spake I not unto you, saying, Do not sin against the child; and ye would not hear? therefore, behold, also his blood is required."* *Genesis 42:22*

*"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."* *Galatians 6:7*

*"But if ye will not do so, behold, ye have sinned against the LORD: and be sure your sin will find you out."* Numbers 32:23

**V) Remove Guilt by \_\_\_\_\_ Your Relationship with God.**

*"Then Joseph could not refrain himself before all them that stood by him; and he cried, Cause every man to go out from me. And there stood no man with him, while Joseph made himself known unto his brethren. And he wept aloud: and the Egyptians and the house of Pharaoh heard. And Joseph said unto his brethren, I am Joseph; doth my father yet live? And his brethren could not answer him; for they were troubled at his presence. And Joseph said unto his brethren, Come near to me, I pray you. And they came near. And he said, I am Joseph your brother, whom ye sold into Egypt. Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you to preserve life."* Genesis 45:1-5

*"Haste ye, and go up to my father, and say unto him, Thus saith thy son Joseph, God hath made me lord of all Egypt: come down unto me, tarry not: And thou shalt dwell in the land of Goshen, and thou shalt be near unto me, thou, and thy children, and thy children's children, and thy flocks, and thy herds, and all that thou hast: And there will I nourish thee; for yet there are five years of famine; lest thou, and thy household, and all that thou hast, come to poverty."* Genesis 45:9-11

*"And they sent a messenger unto Joseph, saying, Thy father did command before he died, saying, So shall ye say unto Joseph, Forgive, I pray thee now, the trespass of thy brethren, and their sin; for they did unto thee evil: and now, we pray thee, forgive the trespass of the servants of the God of thy father. And Joseph wept when they spake unto him. And his brethren also went and fell down before his face; and they said, Behold, we be thy servants."* Genesis 50:16-18

*"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."* Romans 8:1

**Conclusion:**

- ✚ Your Guilt Should Become the Catalyst to Better Decisions for Removing Your Shame.
- ✚ Choose Today to Listen to the Tension Of Guilt to Remove the Shame In Your Life.

**Next Steps:**

- Memorize John 15:11
- Become a Follower of Jesus
- Choose Today to Listen to the Tension of Guilt to Remove the Shame in My Life.

**ELEVATE: How to Deal with How You Feel**

**Sunday, April 21, 2024**

You are invited to attend next week as we continue our preaching series with the message:

*DEFEAT: Dealing with Feeling Loss*

