

# MONSTER MYTHS

## EPISODE 2

Psalm 38:4–8 (NLT) My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.

**THE MONSTER: GUILT.**

**THE LIE: GOD DESPISES ME AND CAN NEVER USE ME BECAUSE OF WHAT I'VE DONE.**

**THE VICTIM: GUILT CAN CONSUME ANYONE.**

**THE DANGER AND THE DAMAGE: GUILT WILL DESTROY MY RELATIONSHIP WITH GOD AND OTHERS, MY SELF WORTH, AND ULTIMATELY MY LIFE.**

**OUR DEFENSE: THE TRUTH...GOD SAYS I CAN DEFEAT GUILT IN MY LIFE BY...**

### **1. CONFESSING MY SIN TO HIM.**

Psalm 32:3–5 When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 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.

### **2. ACCEPTING GOD'S AMAZING GRACE.**

Romans 5:15–17 But there is a great difference between Adam's sin and God's gracious gift. For the sin of this one man, Adam, brought death to many. But even greater is God's wonderful grace and his gift of forgiveness to many through this other man, Jesus Christ. And the result of God's gracious gift is very different from the result of that one man's sin. For Adam's sin led to condemnation, but God's free gift leads to our being made right with God, even though we are guilty of many sins. For the sin of this one man, Adam, caused death to rule over many. But even greater is God's wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ.

### **3. CHOOSING EVERYDAY TO BELIEVE WHAT GOD HAS DECLARED FOR ME.**

Psalm 103:12 He has removed our sins as far from us as the east is from the west.

2 Corinthians 5:17–19 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation.