

## PSALMS

How To Deal With Guilt

Week 4 May 19, 2019

I John 1:5-10, Psalm 32

Pastor Mike Popovich

Listen to David in Psalm 32 talk about being forgiven.

*Blessed is the one whose transgressions are forgiven, whose sins are covered. <sup>2</sup> Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit.*

Psalm 32:1-2 NIV

### Who created Guilt?

#### I. GOD CREATED GUILT

*They hated the heavenly Light because they wanted to sin in the darkness. They stayed away from that Light for fear their sins would be exposed and they would be punished.*

John 3:20 LIV

*And the person who keeps every law of God but makes one little slip is just as guilty as the person who has broken every law there is.*

James 2:10 LIV

### Why do you think so many people feel guilty?

*For when Gentiles who do not have the Law do instinctively the things of the Law, these, not having the Law, are a law to themselves, in that they show the work of the Law written in their hearts, their conscience bearing witness, and their thoughts alternately accusing or else defending them, Romans 2:14-15 NAS*

*There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day*

Psalm 32:3-4 LIV

#### II. GUILT IS A POWERFUL SENSOR.

*But if we are living in the light of God's presence, just as Christ does, then we have wonderful fellowship and joy with each other, and the blood of Jesus his Son cleanses us from every sin.*

*If we say that we have no sin, we are only fooling ourselves and refusing to accept the truth.*

1 John 1:7-8 NLT

*Until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone.*

Psalm 32:5 LIV

**Conviction** is when you have been found guilty of breaking the law.

**Condemnation** is the punishment you pay for being convicted.

#### III. CONFESSION RESTORES US TO RIGHTEOUSNESS

*If we say that we have no sin, we are deceiving ourselves, and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

1 John 1:8-9 NAS

#### IV. CONDEMNATION DOES NOT COME FROM GOD

*Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1 NIV*

*You are to live clean, innocent lives as children of God in a dark world full of people who are crooked and stubborn. Shine out among them like beacon lights, holding out to them the Word of Life. Then when Christ returns, how glad I will be that my work among you was so worthwhile.*

Philippians 2:15 LIV

*God wants us to live guilt free so*

*We become lighthouses to a dark and needy world.*