

DEALING WITH GUILT: FAKE AND REAL

How God Rewrites Our Story – Part 5

Psalms 38:1-22

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“My guilt has overwhelmed me like a
burden too heavy to bear.”

Psalms 38:4 (NIV)

1. What is guilt?

Guilt is a genuine warning.

There are two kinds of guilt:

- Genuine guilt
- False guilt

See Video at

- <https://vimeo.com/66058153>

“You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish.”

Galatians 3:3 (GN)

How do I tell the difference? Is the focus on...

People or God?

Vague or specific?

Rules of relationship?

2. False ways of handling guilt

“... they sewed fig leaves together and made something to cover themselves... they hid from the Lord God... ‘I was afraid because I was naked’... she gave me the fruit from the tree so I ate it.”

Genesis 3:7-12 (NCV)

Shame

Hiding

Blame

Shame

Hiding

Blame

**3. God's way of handling
our guilt: Grace**

Turn from our past

“And the time of ignorance, God winked at; but now commands all men (and women) everywhere to repent.”

Acts 17:30 (KJV)

Trust God's character

“Let us come near to God with a sincere heart and a sure faith, because we have been made free from a guilty conscience.”
Hebrews 10:22 (NCV)

Tell God I left you out

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1 John 1:9 (NKJV)

Take Christ into our heart

“But as many as received Him, to them He gave the power to become children of God.”

John 1:12 (KJV)

“Behold I stand at the door and knock, if anyone hears my voice and opens the door, I will come in... ”

Revelations 3:20 (KJV)