

# Guilt-Free Living

1/29/12

Two types of guilt: genuine and false.

Types of false guilt:

- Self-imposed guilt
- False charges by others
- Vague feeling of guilt
- Resurfacing guilt from confessed sin

How to enjoy guilt-free living regarding false guilt

- Expose it
- Reject it
- Meditate on truth

True guilt: disobeying any command of God

Unhealthy solutions

- White wash it
- Ignore it
- Escape and medicate
- Work it off
- Create an idol

How to enjoy guilt-free living regarding genuine guilt

## 1. Confession and repentance

**Proverbs 28:13** He who conceals his transgressions will not prosper, But he who confesses and forsakes *them* will find compassion.

**1 John 1:8** If we say that we have no sin, we are deceiving ourselves, and the truth is not in us.

<sup>9</sup> If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

**Matthew 5:21** "You have heard that the ancients were told, 'You shall not commit murder' and 'Whoever commits murder shall be liable to the court.'

<sup>22</sup> "But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever shall say to his brother, 'Raca,' shall be guilty before the supreme court; and whoever shall say, 'You fool,' shall be guilty *enough to go* into the fiery hell.

**2Corinthians 7:8** For though I caused you sorrow by my letter, I do not regret it; though I did regret it-- *for I see that that letter caused you sorrow, though only for a while--*

<sup>9</sup> I now rejoice, not that you were made sorrowful, but that you were made sorrowful to *the point of* repentance; for you were made sorrowful according to *the will of God*, in order that you might not suffer loss in anything through us.

<sup>10</sup> For the sorrow that is according to *the will of God* produces a repentance without regret, *leading to* salvation; but the sorrow of the world produces death.

**James 4:6** But He gives a greater grace. Therefore *it* says, "God is opposed to the proud, but gives grace to the humble."

<sup>7</sup> Submit therefore to God. Resist the devil and he will flee from you.

<sup>8</sup> Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

<sup>9</sup> Be miserable and mourn and weep; let your laughter be turned into mourning, and your joy to gloom.

<sup>10</sup> Humble yourselves in the presence of the Lord, and He will exalt you.

## **2. Trust Jesus and His promise of forgiveness**

**1 John 1:8** If we say that we have no sin, we are deceiving ourselves, and the truth is not in us.

<sup>9</sup> If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

<sup>10</sup> If we say that we have not sinned, we make Him a liar, and His word is not in us.

**2:1** My little children, I am writing these things to you that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous;

<sup>2</sup> and He Himself is the propitiation for our sins; and not for ours only, but also for *those of the whole world*.

**2 Corinthians 5:21** He made Him who knew no sin *to be* sin on our behalf, that we might become the righteousness of God in Him.

**Philippians 3:7** But whatever things were gain to me, those things I have counted as loss for the sake of Christ.

<sup>8</sup> More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish in order that I may gain Christ,

<sup>9</sup> and may be found in Him, not having a righteousness of my own derived from *the Law*, but that which is through faith in Christ, the righteousness which *comes* from God on the basis of faith,

**1 Corinthians 1:30** ...by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption,

<sup>31</sup> that, just as it is written, "Let him who boasts, boast in the Lord."

**2:1** And when I came to you, brethren, I did not come with superiority of speech or of wisdom, proclaiming to you the testimony of God.

<sup>2</sup> For I determined to know nothing among you except Jesus Christ, and Him crucified.

**Hebrews 10:14** For by one offering He has perfected for all time those who are sanctified.

<sup>15</sup> And the Holy Spirit also bears witness to us; for after saying,

<sup>16</sup> "This is the covenant that I will make with them After those days, says the Lord: I will put My laws upon their heart, And upon their mind I will write them," *He then says*,

<sup>17</sup> "And their sins and their lawless deeds I will remember no more."

<sup>18</sup> Now where there is forgiveness of these things, there is no longer *any* offering for sin.

<sup>19</sup> Since therefore, brethren, we have confidence to enter the holy place by the blood of Jesus,

**Romans 3:23** for all have sinned and fall short of the glory of God,

<sup>24</sup> being justified as a gift by His grace through the redemption which is in Christ Jesus;

<sup>25</sup> whom God displayed publicly as a propitiation in His blood through faith. ...

...**4:1** What then shall we say that Abraham, our forefather according to the flesh, has found?

<sup>2</sup> For if Abraham was justified by works, he has something to boast about; but not before God.

<sup>3</sup> For what does the Scripture say? "And Abraham believed God, and it was reckoned to him as righteousness."

<sup>4</sup> Now to the one who works, his wage is not reckoned as a favor, but as what is due.

<sup>5</sup> But to the one who does not work, but believes in Him who justifies the ungodly, his faith is reckoned as righteousness,

**5:1** Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ,

<sup>2</sup> through whom also we have obtained our introduction by faith into this grace in which we stand;...

...<sup>8</sup> But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

<sup>9</sup> Much more then, having now been justified by His blood, we shall be saved from the wrath *of God* through Him.

**7:24** Wretched man that I am! Who will set me free from the body of this death?

<sup>25</sup> Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.

**8:1** There is therefore now no condemnation for those who are in Christ Jesus.

<sup>2</sup> For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

<sup>3</sup> For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh,

<sup>4</sup> in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit...

...What then shall we say to these things? If God *is* for us, who *is* against us?

<sup>32</sup> He who did not spare His own Son, but delivered Him up for us all, how will He not also with Him freely give us all things?

<sup>33</sup> Who will bring a charge against God's elect? God is the one who justifies;

<sup>34</sup> who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.

### **3. Restitution and reconciliation**

**Luke 19:8** And Zaccheus stopped and said to the Lord, "Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much."

**Matthew 5:23** "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you,

<sup>24</sup> leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering.

### **4. Forgive others**

**Matthew 6:14** "For if you forgive men for their transgressions, your heavenly Father will also forgive you.

<sup>15</sup> "But if you do not forgive men, then your Father will not forgive your transgressions.

### **5. Confess sin to others**

**James 5:16** ...confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.

All Scripture: NASV