

Living Without Guilt

The Scripture:

"So now there is no condemnation for those who belong to Christ Jesus. ² And because you belong to Him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. ³ The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent His own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving His Son as a sacrifice for our sins. ⁴ He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit." - Romans 8:1-4 (NLT)

Three Types of Guilt

1. Guilt before God.
2. Guilt before people.
3. False guilt.

Reasons Why So Many Suffer From False Guilt

1. Unrealistic demands placed upon us as a child.
2. Growing up in a home that lacked praise/affirmation.
3. Believing that all guilt comes from the Holy Spirit.

The Holy Spirit

vs.

False Guilt

a. Convicts

- Attacks the problem

b. Helps

c. Restores

a. Condemns

- Attacks the person

b. Hinders

c. Alienates

4. We Misunderstand God's grace.

Law

- a. Standards to meet.
- b. Trying to measure up.
- c. Perform well to earn love.

Grace

- a. Standards met by Jesus.
- b. Unconditional acceptance.
- c. God's love is freely given.

The law cannot claim you. (v. 2)

"...the power of the life-giving Spirit has freed you from the power of sin that leads to death." - Romans 8:2

The law cannot condemn you. (v. 3)

"The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent His own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving His Son as a sacrifice for our sins." - Romans 8:3

The law cannot control you. (v. 3)

"And in that body God declared an end to sin's control over us by giving His Son as a sacrifice for our sins. ⁴... (we) no longer follow our sinful nature but instead follow the Spirit." - Romans 8:3,4

5. We Misunderstand Our Motivation — Love! (not guilt)

How To Be a "Ghost Buster" of the "Ghosts" of False Guilt

1. Ask yourself "Is this false guilt or conviction of sin?"
2. If it's conviction of sin, confess it, repent, and move on.
3. If it's false guilt, practice the four "R"s.

Relax — Don't take yourself so seriously.

Release — People and things you cannot control.

** Be responsible "to" but not "for" people. **

Respond — To that which pleases God. (Galatians 1:10)

Remember — Jesus offers forgiveness of sin and freedom from guilt. (Hebrews 9:13,14)

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The Holy Spirit

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False Guilt

- | | |
|-----------------------|----------------------|
| a. _____ | a. _____ |
| • Attacks the problem | • Attacks the person |
| b. _____ | b. _____ |
| c. _____ | c. _____ |

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