

When Life Hurts
Freeing Ourselves from Guilt

1 John 1:9
Pastor Brian

I. How do we sometimes deal with guilt?

1. We rationalize our guilt.

2. We deny our guilt.

1 Samuel 15 ¹⁹ *Why haven't you obeyed the Lord? Why did you rush for the plunder and do what was evil in the Lord's sight?"* ²⁰ *"But I did obey the Lord," Saul insisted. "I carried out the mission he gave me..."* ²¹ *Then my troops brought in the best of the sheep, goats, cattle, and plunder to sacrifice to the Lord your God in Gilgal."* (NLT)

1 Samuel 15 ²² *But Samuel replied, "What is more pleasing to the Lord: your burnt offerings and sacrifices or your obedience to his voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams."* (NLT)

3. We run from our guilt.

II. How can we free ourselves from our guilt?

1. We must ask for and accept God's forgiveness.

Ephesians 1 ⁷ *He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.* (NLT)

1) God forgives instantly.

Nehemiah 9 ¹⁷ *You are a God of forgiveness, always ready to pardon.* (TLB)

2) God forgives completely.

Colossians 2 ¹³ *God made you alive with Christ, for he forgave all our sins.* ¹⁴ *He canceled the record of the charges against us and took it away by nailing it to the cross.* (NLT)

3) God forgives repeatedly.

1 John 1 ⁹ *If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.* (NLT)

Hebrews 7 ²⁵ *He lives forever to intercede with God on their behalf.* (NLT)

2. We need to forgive ourselves.

Romans 8 ¹ *So now there is no condemnation for those who belong to Christ Jesus.* (NLT)

Jeremiah 31 ³⁴ *And I will forgive their wickedness, and I will never again remember their sins. (NLT)*

3. We must stop engaging in sin.

Romans 6 ¹ *Well then, should we keep on sinning so that God can show us more and more of his wonderful grace?* ² *Of course not! Since we have died to sin, how can we continue to live in it? (NLT)*

John 16 ⁷ *It is best for you that I go away, because if I don't, the Advocate won't come. If I do go away, then I will send him to you.* ⁸ *And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment. (NLT)*

Matthew 11 ²⁸ *Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. (NLT)*

III. Actions Steps

1. If you're weighed down with guilt, accept God's complete forgiveness in Christ Jesus.
2. Stop doing the things that contribute to your guilt and claim victory over sin!
3. Invite someone to church.