

# How to Handle Our Guilt

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## I. Introduction.

- A. Text: II Corinthians 7:9-10.
- B. It is difficult to distinguish between true guilt and wrong feelings of guilt.
- C. Guilt in the New Testament is always being liable for something; it is never a false feeling.
- D. The only basis one can receive forgiveness from guilt is by accepting the atonement of Jesus Christ, which provides forgiveness. The unbeliever must first receive Christ to be forgiven.
- E. The foundation of Christ's atonement is still relevant for the believer.

## II. Jesus bore our sins and guilt on the cross—Jesus paid our sin debt in full. (I Peter 2:24, Romans 5:9, I John 2:1-2)

- A. The believer is no longer guilty.
- B. Those in Christ Jesus no longer have condemnation upon them. (Romans 8:1)
- C. Condemnation cannot fall upon those who have been declared not guilty. (John 3:18)
- D. This does not mean that a believer will no longer sin—he is to confess his sin and accept God's discipline.
- E. God gives corrective discipline, not punishment, so that one can live as he is supposed to. (Ephesians 2)
- F. What makes a person not guilty is not his worth but the cross.

## III. If we have sinned against God, we should ask for forgiveness and move on.

- A. We need to stop seeking self-punishment so that we might feel acceptable.
- B. The only thing that makes us acceptable is the blood of Christ.

## IV. What happens when a person does not resolve feelings of guilt.

- A. It divides the mind.
- B. It drains energy.
- C. One will punish himself.
- D. Insecurity will result.

E. One will have compulsive activity.

F. Depression results.

V. The remedy for feelings of guilt for the believer is confession and repentance by the Holy Spirit.

A. One must recognize that he has feelings of guilt.

B. One must find the cause for those guilty feelings.

C. One must believe the testimony of God's Word that he has been forgiven by the blood of Christ.

**Application questions:**

1. What is the difference between guilt and feelings of guilt?

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2. How is the nonbeliever supposed to deal with guilt?

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3. How would you counsel a believer who continually falls into some sin and suffers from feelings of guilt? Explain.

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