

How to Get Free From a Guilty Conscience

The Law is written on our heart

Romans 2:13-15 - For merely listening to the law doesn't make us right with God. It is obeying the law that makes us right in his sight. Even Gentiles, who do not have God's written law, show that they know his law when they instinctively obey it, even without having heard it. **They demonstrate that God's law is written in their hearts, for their own conscience and thoughts either accuse them or tell them they are doing right.**

Romans 14:22-23 - ...Blessed are those who don't feel guilty for doing something they have decided is right. But if you have doubts about whether or not you should eat something, you are sinning if you go ahead and do it. For you are not following your convictions. If you do anything you believe is not right, you are sinning.

Sin = Guilty Conscience

Guilt has 2 possible sources:

A. Guilt from Humans (endless torment of fear of man)

- a. You or another human has "made you feel" guilty
- b. You are afraid of human's opinions
- c. You are afraid of human's rejecting you (not accepted)
- d. Self-administered Guilt: "I should have known better by now." "I should have eaten healthier." "I should have figured this out already." "I should have exercised today." "I should have kept my mouth shut."

Lie: You NEED to be accepted by humans for your worth/value.

Truth: Your value was determined on the cross. Jesus chose to die for you before you could do anything.

Lie: You must DO things to be valuable and accepted.

Truth: Performance Is not required to be God's Child. You just are.

Lie: They "made" me feel guilty.

Truth: No one can MAKE you feel anything. If you've allowed another human to "make you feel guilty" they have taken the place of God in your life.

Lie: Their opinion determines my acceptance and value.

Truth: No one's opinion of you matters other than God's.

B. Guilt from breaking Divine Law (can end with the fear of the Lord)

Mark 12:29-31 - Jesus replied, "The most important commandment is this: 'Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

- a. You haven't put God first.
- b. You haven't loved others well.
- c. You haven't loved yourself well.

The only freedom from any kind of guilt (sin) is to insert the fear of the Lord. To truly put God first and care about obeying Him above anything else.

Guilt = Sin = Open Door for devil = Torment

Fear of the Lord = Quick to repent of Sin = Abundant Life