I. **Objectives of Phase 2, Session 7 - Romans 8:1-17**

1. Demonstrate that God has no opposite, that the power of the Holy Spirit does not compare with the power of our flesh. Use the chapter 7 of Romans and the transition to chapter 8 to show the difference of living according to the flesh in comparison with the power to live according to the Spirit. A similar comparison is found in Galatians 5:17-21 and Galatians 5:16, 22-26.

2. Explain that there is no condemnation in Christ Jesus (Romans 8:1). The guilt, shame and condemnation were eliminated by the Blood of Christ to those who believe in Him and therefore are a temptation or sin (if we accept) for believers in Jesus Christ. Show when was the first time that the man experienced the guilt, shame and condemnation using Genesis 3:6-13.

3. Strengthen the participants' understanding of the power of the Spirit using Romans 8:9-11, Ephesians 1:18-23 and John 1:4-5.

4. Invite participants to delight in their reading of Romans 8:14-16 and John 1:11-13

II. Email to participants before session 7

Dear Brothers and Sisters in Christ,

During our next session, we will talk about Romans 8:1-17 and we will listen to your testimony.

Read, pray and meditate on Romans 8:1-17.

If you have the time, you may also want to read the following Scriptures that provide context to the study of the first 17 verses of Romans 8.

Romans 7:1-25
Matthew 5:17-20
Genesis 3:6-13
Deuteronomy 28:15-68
Romans 5:9,15-19
Galatians 5:16-26
2 Corinthians 5:1-8
John 1:11-13

Romans 6:6,11,14
John 8:34-36
1 John 3:9
1 John 5:18-21
Romans 7:17-20
John 5:27
2 Corinthians 5:17-21
Galatians 2:20
Colossians 2:11-15
1 Corinthians 2:6-16
Hebrews 11:6
1 Corinthians 3:16
1 Corinthians 6:19-20
1 John 4:17
1 Corinthians 6:17
1 John 5:9-13
2 Peter 1:1-13
1 John 5:4-5
1 Corinthians 15:20-28, 50-58
Colossians 3:12-17
Philippians 3:7-11
Hebrews 6:17-20
Galatians 3:26-29
Ephesians 3:1-7
Titus 3:3-7

In Christ,

Hernando
Receiving His Life Ministries

III. Email to participants after session 7

Dear Brothers and Sisters in Christ,
This note provides scriptural support to our conversation about guilt, shame and condemnation.

I have observed that some brothers in Christ who strongly preach against works, end up

in works because they experience guilt, shame or condemnation. Such experience probably derives from a theological view that they are still sinners, that they are fallen, that they have a sinful nature. This belief is contrary to what the Scriptures say (see Romans 5:19; 6:19, Ephesians 5:8, Galatians 2:20). The "not clean yet" leads many to work to get there. On the other hand, even if you understand that you are not a sinner but righteous, but have been accustomed to experience and accept as normal (good or beneficial) guilt and shame, works appear to be the only way to eliminate or at least "cover" those feelings. Guilt, for the believer, is a sin of unbelief, for there is no condemnation for those who are in Christ Jesus (Romans 8:1-2. Also see Romans 14:23). We have no right to damage ourselves as we were purchased by a price and don't belong to ourselves but to Him (1 Corinthians 6:19-20).

Guilt is not only a sin, but it leads you to sin more, for it is anger against yourself, not withstanding that on occasion it seems as the feeling that helps us to turn around. However, it is the fact that we are sealed by the Holy Spirit (Ephesians 1:13) that prompts us to turn around, not guilt. The conviction of sin is for the non believer per de words of Jesus in John 16:9.

It is guilt that drives people to say that God loves them in-spite of them. I pray that the note bellow helps you understand that it is not in-spite of you, but because of you. It is guilt that leads people to say that they are doing better than they deserve. If you think that you are doing better than you deserve, think again. How many Christians you know have overcome the world and are living the abundant life that Jesus came to give us? If you do know some, then, how is it possible to do better than that in this world? What I see is that we Christians are living way below the quality of life that the Lord has made available to us.

I hope that you will enjoy the song I found about guilt and will share it with those who suffer from it:

https://m.youtube.com/watch?v=GFLk6v7US3I

No Guilt, Shame and Condemnation

Jesus paid it all. He paid for our guilt, our shame and our condemnation:
Colossians 1:21-22 "*And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled in the body of His flesh through death,* ***to present you holy, and blameless, and above reproach in His sight—"***

No Guilt

The following are notes from a sermon I heard about guilt, as well as a few of my own comments

Guilt is anger against yourself. It is an act of aggression against yourself.
Guilt eats up your heart.
It is impossible to please anyone carrying a load of guilt.
Guilt is extraordinarily unhealthy.
Since you have disappointed yourself, you want others to be disappointed in themselves as well.
You feel the urge to pass it on.
Guilt is related to self effort and makes you think that when you have it is because you have very high standards.
We have been taught for years that unless we experience guilt, we are a bad person who lacks a conscience.

Additional notes from other sources, and Scriptural references about guilt:

Guilt is **anger** against self for a violation of the law, but Jesus fulfilled the law and took guilt away from us, so guilt is anger against self without cause. We are not to have anger against a brother without cause (Matthew 5:21-22); therefore, neither are we to have anger against ourselves. Guilt is a form of punishment which you inflict upon yourself. We have no right to indulge in guilt, for we have been purchased for a price -- the blood of Jesus (1 Corinthians 6-19-20). Condemnation is the punishment phase coming usually from outside. Jesus paid the price and purchased us.

Guilt prevents you from receiving the gifts of God; you feel undeserving (John 13:8, Luke 5:8). It makes you feel that you need to be deserving and work to achieve approval. This comes from not understanding that we have been made clean by the blood of Jesus, so clean that the Holy Spirit dwells in us (1 Corinthians 6:19-20). **Guilt takes you from relying on God to relying on yourself and your own works**. Whether or not we think that we deserve any gift from the Lord (including salvation) is irrelevant; He thought that we were worthy "*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life*." John 3:16

Guilt comes from violating the law. Jesus fulfilled the law so if we are in Him and He is in us we have fulfilled the law and have no guilt.

Colossians 2:13-14
Galatians 2:20
1 John 4:17

"Guilt is an exposure to punishment resulting from a violation of the law. A feeling of regret or remorse for having committed an improper act. Guilt is judicial in character. Its opposite is righteousness, innocence or purity. What we did wrong. The fact of having committed a breach of conduct especially violating law and involving a penalty. A feeling of deserving blame (or from a sense of inadequacy)." (Webster and Farlex Dictionaries). The restoration that Jesus made for us is greater than the damage that we suffered from Adam. He set us free.
Romans 5:15-17
Romans 6:22-23
John 8:36

In Jesus we are the righteousness of God, He took our guilt, He paid for us, He reconciled us to God and gave us the ministry of reconciliation, He made us a new creation.
2 Corinthians 5:17-21
John 3:17,18,36

John 5:24
John 12:47
John 13:8
2 Corinthians 3:17
2 Corinthians 5:17,18-20,21
Colossians 2:13-14
Ephesians 1:7-10
Galatians 5:1
Isaiah 1:18
1 John 1:9
1 John 2:1
Hebrews 8:12
Hebrews 9:13-15 V14
Hebrews 10:15-18,19-25 V21-22
Acts 2:38 and Romans 5:5
Acts 3:19-26
Acts 13:38-39
Psalm 32:1-2

Psalm 103:12
Romans 8:1-2,34-35
James 3:17-18
Micah 7:19
Isaiah 54:4
All verses about blameless
Philippians 2:15
Ephesians 2:27
Titus 2:14

Yes to Godly Sorrow
2 Corinthians 7:9-10
Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. ***For godly sorrow produces repentance leading to salvation****, not to be regretted; but the sorrow of the world produces death*.

Godly sorrow involves hope and leads to repentance. **Come to Me and I will change you, restore you. I AM the One who heals, the only healer.** The sorrow of the world implies that nothing will change and will lead to hopelessness.

Progression toward guilt
Sorrow
Regret
Remorse
Guilt

In sorrow there is no guilt, while regret and remorse involve the presence of guilt.
The book of Hebrews calls us to reject guilt and have a clean conscience:

Hebrews 10:22 "*let us draw near with a true heart in full assurance of faith,* ***having our hearts sprinkled from an evil conscience*** *and our bodies washed with pure water*."

Hebrews 9:14 "*how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God,* ***cleanse your conscience from dead works to serve the living God***?"

Hebrews 4:16 "***Let us therefore come boldly to the throne of grace****, that we may obtain mercy and find grace to help in time of need*.

John tells us how we obtain mercy and find grace to help in time of need:

1 John 3:19-21 *"And by this we know that we are of the truth, and shall assure our hearts before Him. For if our heart condemns us, God is greater than our heart, and knows all things.* ***Beloved, if our heart does not condemn us, we have confidence toward God***."

As it relates to us, believers, guilt is the work of the accuser, the devil. If you are a believer and you are feeling guilty you are not hearing from God, you are listening to the devil. Jesus is our Advocate in heaven.
Revelation 12:10
1 John 2:1

These are two quotations from John Wesley about guilt:

From sermon 85
"**By justification we are saved from the guilt of sin**, and restored to the favour of God; by sanctification we are saved from the power and root of sin, and restored to the image of God." -On Working Out Our Own Salvation, 1785 - Sermon 85

From his book A Short History of Methodism
"…all who preach among them declare…'by grace we are saved through faith;' **saved both from the guilt and from the power of sin**." -A Short History of Methodism, 1765, by John Wesley

This is the statement about guilt by the Methodist Church:
From the Articles of Religion of the Methodist Church

Of Sanctification

Sanctification is that renewal of our fallen nature by the Holy Ghost, received through faith in Jesus Christ, whose blood of atonement cleanseth from all sin; whereby we are not only delivered from the guilt of sin, but are washed from its pollution, saved from its power, and are enabled, through grace, to love God with all our hearts and to walk in his holy commandments blameless.

[The following provision was adopted by the Uniting Conference (1939). This statement

seeks to interpret to our churches in foreign lands Article XXIII of the Articles of Religion. It is a legislative enactment but is not a part of the Constitution. (See Judicial Council Decisions 41, 176, and Decision 6, Interim Judicial Council.)]

No Shame

Shame is seeing yourself as a failure because of what you have done and, ultimately, what you think you are or what you have become. Shame points to how you see yourself in relation to others or your perception of how others see you. Guilt negatively impacts the way you see yourself and leads to shame. It is a perception of being dishonorable, undeserving or unworthy. It is related to dishonor Hosea 4:7 (I will change their glory into shame) and Philippians 3:19 (they glory in their shame).

From the dictionary shame is:
A painful emotion caused by guilt, shortcoming or impropriety.
A condition of of humiliating disgrace or disrepute.

No Shame - Scriptures

1 Peter 2:6 (1-10)
Therefore it is also contained in the Scripture, "Behold, I lay in Zion A chief cornerstone, elect, precious, ***And he who believes on Him will by no means be put to shame***."

Romans 9:32-33 "*Why? Because they did not seek it by faith, but as it were, by the works of the law. For they stumbled at that stumbling stone. As it is written: "Behold, I lay in Zion a stumbling stone and rock of offense,* ***And whoever believes on Him will not be put to shame***."

Romans 10:11-13 "***For the Scripture says, "Whoever believes on Him will not be put to shame.****" For there is no distinction between Jew and Greek, for the same Lord over all is rich to all who call upon Him. For "whoever calls on the name of the Lord shall be saved.*"

2 Corinthians 4:2 "*Therefore, since we have this ministry, as we have received mercy, we do not lose heart.* ***But we have renounced the hidden things of shame****, not walking in craftiness nor handling the word of God deceitfully, but by manifestation of the truth commending ourselves to every man's conscience in the sight of God*."

2 Timothy 2:15 "*Be diligent to present yourself approved to God, a worker who does not*

need to be ashamed, rightly dividing the word of truth."

1 John 3:19-21 "*And by this we know that we are of the truth, and shall assure our hearts before Him. For if our heart condemns us, God is greater than our heart, and knows all things. Beloved, if our heart does not condemn us, we have confidence toward God*."

Isaiah 50:7 "*For the Lord God will help Me;*
Therefore I will not be disgraced;
Therefore I have set My face like a flint, And I know that I will not be ashamed."

Isaiah 61:7 "*Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs*."

Psalm 34:5-6 "*They looked to Him and were radiant, And their faces were not ashamed*.
This poor man cried out, and the Lord heard him,
And saved him out of all his troubles."

2 Corinthians 3:17-18 "*Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord*."

Colossians 1:13 "*He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love*,"

Ephesians 5:8 "*For you were once darkness, but now you are light in the Lord. Walk as children of light*."

Psalm 31:16-17 "*Make Your face shine upon Your servant; Save me for Your mercies' sake. Do not let me be ashamed, O Lord, for I have called upon You; Let the wicked be ashamed*;"

Romans 6:21-23 "***What fruit did you have then in the things of which you are now ashamed? For the end of those things is death***. *But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death,* ***but the gift of God is eternal life in Christ Jesus our*** **Lord**."

Ephesians 3:12
Hebrews 4:16
2 Peter 1:2-4
Philippians 3:20-21
Matthew 5:14-16

God is not ashamed of us. If He is not why should we?
Hebrews 2:11 "*For both He who sanctifies and those who are being sanctified are all of one, **for which reason He is not ashamed to call them brethren**, saying: "I will declare Your name to My brethren; In the midst of the assembly I will sing praise to You*."

Hebrews 11:16 "*But now they desire a better, that is, a heavenly country. **Therefore God is not ashamed to be called their God**, for He has prepared a city for them*."

He endured the cross, but despised its shame.
Hebrews 12:2 "*looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God*."

See more about shame below.

No Condemnation - Scriptures
The law of sin and death is what brings condemnation but the law of the Spirit has set us free. *Therefore if the Son makes you free, you shall be free indeed*. John 8:36

Romans 8:1-2 "*There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death*.

1 Corinthians 6:19-20 "*Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's*."

Romans 5:16 "*And the gift is not like that which came through the one who sinned. **For the judgment which came from one offense resulted in condemnation, but the free gift which came from many offenses resulted in justification***.

Romans 5:19 "*For as by one man's disobedience many were made sinners, so also by*

one Man's obedience many will be made righteous.

John 1:11-13 "*He came to His own, and His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God*."

Romans 8:14-17 "*For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together*.

In summary, these Scriptures state our call to be free from guilt, shame and condemnation so we can boldly do the work of the Kingdom

Hebrews 9:14 "*how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God,* ***cleanse your conscience from dead works to serve the living God***?"

Hebrews 10:19-24 "*Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh, and having a High Priest over the house of God,* ***let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.*** *Let us hold fast the confession of our hope without wavering, for He who promised is faithful.* ***And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching***.

Romans 12:1 "*I beseech you therefore, brethren, by the mercies of God,* ***that you present your bodies a living sacrifice, holy, acceptable to God****, which is your reasonable service*."

Romans 8:19 "***For the earnest expectation of the creation eagerly waits for the revealing of the sons of God***."

Exercises

1. Read, Pray and Meditate on any one or two of the Scriptures mentioned above
2. Visualize 2 Corinthians 5:21
3. Observe your verbal and thought reactions if at anytime during the week you experience guilt, shame or condemnation

In Christ,

Hernando
Receiving His Life Ministries

http://www.jollynotes.com/inspirational-verses/forgiveness-freedom-from-shame/
No more Shame – We are free from the bondage of sin, death, guilt and shame! Time to walk in our God given freedom and serve God with all our hearts, by God's Grace, and by the Power of the Holy Spirit working in us!
2 Corinthians 10:4-5 "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."
Hebrews 9:14 "How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?"
Hebrews 10:22 "Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water."
2 Peter 1:3 "By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence." (NLT)
2 Timothy 1:3 "I thank God, whom I serve from my forefathers with pure conscience, that without ceasing I have remembrance of thee in my prayers night and day."
Philippians 3:13 "…this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before."
Psalms 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."*See also:* God doesn't care about your past!
We are Redeemed, Forgiven, Delivered and Set Free from Guilt, Sin & Shame. Praise the Lord!