Guilt

Living Guilt Free



Did you know that there are two types of guilt? There is **True Guilt and False Guilt**.

Which one are you carrying around?

Victim Survivor Conqueror Ministry



Guilt

Living Guilt Free

Are you in an emotional battle because of guilt? Is your guilt a loving instrument of Yahweh (God) used to convict, correct and conform your character when you go astray? Or do you battle feelings of shame and condemnation when guilt strikes a blow to your heart? True guilt is your friend, a godly companion who whispers truth and motivates you to repent and be free. But false guilt is a relentless foe. It is the enemy within that encourages not godly, but superficial sorrow that brings death!

*“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”*

*2 Corinthians 7:10*

What is True Guilt?

From earliest childhood, no one has escaped guilt. We experienced guilt when we stole a cookie or told a lie. The Old Testament Hebrew word asham, with its many derivatives, paints three-dimensional picture of true guilt.

. The word guilt refers to the fact of being at fault, deserving punishment and requiring a sacrificial offering.

. True guilt is the result of sin.

. When we sin we are guilty, and a penalty must be paid for our sin so that

 Fellowship with Yahweh (God) can be restored.

After David committed adultery with Bathsheba, he repented and cried out to Yahweh (God), *“Against you, you only, have I sinned and done what is evil in your*

*Sight” Psalm 51:4*

Old Testament Perspective of True Guilt

. True guilt is the result of sinning.

In the beginning Yahweh (God) created male and female in his image…which means we are designed to reflect the character of Yahweh (God) in all that we do. Guilt, therefore, accompanies any act that misrepresents the truth about who Yahweh (God) is. Such acts are an affront to Yahweh (God) and are seen by Him as sin.

“David was conscience-stricken after he had counted the fighting men, and said to the Elohim (Lord), *‘I have sinned greatly in what I have done. Now, O Elohim (Lord), I beg you, take away the guilt of your servant.” 2 Samuel 24:10*

. Guiltiness is the condition we are in when we sin.

Being guilty is a fact, not a feeling. We have all been guilty of being at fault. The Bible emphasizes with uncertainty that each of us is responsible for our behavior and ultimately accountable to Yahweh (God). Even today, if you unwittingly fail to reduce your driving speed through a school zone, you could be ticketed by a policeman who would probably state, “Ignorance of the law is no excuse.”

*“If a person sins and does what is forbidden in any of the Elohim’s (Lord’s) commands, even though he does not know it, he is guilty and will be held responsible.”*

*Leviticus 5:17*

. True guilt requires a sacrificial payment for violating God’s revealed will.

In the Old Testament, Yahweh (God) required a special “guilt offering” when the laws of Yahweh (God), including the rights of other people, had been violated. After restitution was made to the offended or injured party, the blood from an unblemished lamb was poured out on the temple altar. This sacrificial lamb became a “guilt offering,” securing forgiveness and reconciliation with Yahweh (God).

*“As a penalty he must bring to the priest, that is, to the Elohim (Lord), his guilt offering, a ram from the flock, one without defect and of a proper valve. In this way the priest will make atonement for him before the Elohim (Lord), and he will be forgiven for any of these things he did that made him guilty.”*

*Leviticus 6:6-7*

New Testament Perspective of True Guilt

In the New Testament, the picture of true guilt is primarily judicial. Many Greek words translated as “guilt” and “guilty” carry legal implications and affirm personal responsibility. For example, the Greek word enochos means “to be guilty of sin and deserving of punishment.” We will each be held accountable for our guilt, whether in a legal courtroom on earth or the divine courtroom of Yahweh (God). As in the Old Testament, the New Testament points to the same threefold nature of true guilt.

*“So then, each of us will give an account of himself to Yahweh (God).”*

*Romans 14:12*

. True guilt is the result of sinning.

“*Therefore, whoever eats the bread or drinks the cup of the Elohim (Lord) in an unworthy manner will be guilty of sinning against the body and blood of the Elohim (Lord).”*

*1 Corinthians 11:27*

. Guiltiness is the condition we are in when we sin*.” For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it.”*

*James 2:10*

. True guilt requires sacrificial payment for violating Yahweh’s (God’s) revealed will.

 *“We have been made holy through the sacrifice of the body of Yeshua Messiah (Jesus Christ) once for all.” Hebrews 10:10*

The Sacrificial Lamb of Yahweh (God)…the only acceptable payment for our true guilt.

The perfect lamb required in the Old Testament as a “guilt offering” for sin is merely a foreshadowing of Yeshua Messiah (Jesus Christ), the sacrificial Lamb of Yahweh (God). Just as the lamb’s blood was poured on the temple altar to secure the forgiveness of Yahweh (God), the shed blood of Messiah (Christ) covers your personal sin and makes possible reconciliation with your heavenly Father. Have you seen your sin as Yahweh (God) sees sin? Have you accepted Messiah’s (Christ’s) sacrifice on your behalf…trusting Him to be your personal guilt offering?

Passages from Isaiah 53:6-10

*“We all like sheep, have gone astray, each of us has turned to his own way; and the Elohim (Lord) has laid on him the iniquity of us all…He was led like a lamb to the slaughter…Yet it was the Elohim’s (Lord’s) will to crush him and cause him to suffer, and though the Elohim (Lord) makes his life a guilt offering, he will see his offspring and prolong his days, and the will of the Elohim (Lord) will prosper in his hand.”*

What Is False Guilt?

False guilt is based on self-condemning feelings that you have not lived up to your own expectations or those of someone else.

. False guilt arises when you blame yourself, even though you’ve committed no wrong, or when you continue to blame yourself after you’ve confessed and turned from your sin.

. False guilt keeps you in bondage to three destructive weapons…shame, fear and anger.

. Ironically, confession does not resolve false guilt. Revelation 12:10 says that Satan is the “accuser of our brothers.” He loves to burden believers with false guilt and condemnation. Some of his favorite strategies are: bringing up the past, reminding you of your failures and making you feel unforgiven and unaccepted by Yahweh (God).

*“The accuser of our brothers, who accuses them before our Elohim (God) day and night, has been hurled down.”*

*Revelation 12:10*

Shame

Many people think guilt and shame are the same, but this not true.

. Shame is a painful emotion of disgrace caused by a strong sense of guilt.

. You experience shame when your guilt moves from knowing you have

 Done something bad to feeling that you are bad.

. Shame focuses not on what you’ve done but on being ashamed of who

 You are.

. Feeling that you are basically defective causes the deepest sense of

 Unworthiness and a constant fear of abandonment and rejection.

 Devastating emotional scars from shame often last a lifetime.

*“If I am guilty-woe to me! Even if I am innocent lift my head, for I am full of shame and drowned in my affliction.”*

*Job 10:15*

Side Effects of Shame

. Shame creates an inner desire to maintain rigid control over your emotions

 And behavior.

. Shame creates inner loneliness that fosters unhealthy dependencies.

. Shame steals from you the joy of your salvation.

. Shame keeps you from seeking solitude.

“*When pride comes, then comes disgrace, but with humility comes wisdom.”*

*Proverbs11:2*

Fear

Fear and shame are kissing cousins. They stem from harsh, parental discipline and degrading attitudes in the home. Fears float around unnoticed as a by-product of false guilt. Whenever we feel the pain of shame, we also experience…

. Fear of Worthlessness

 As a child:

 “I don’t really matter to anyone. I’m a bad person.”

 As an Adult:

 “Why try for that job? I won’t get it anyway.”

. Fear of Rejection

 As a Child:

 “If I let them know I care, they won’t play with me.”

 As an Adult:

 “Nobody really nice would ever want to marry me.”

. Fear of Punishment:

 As a Child:

 “If I don’t please Mommy, she won’t speak to me.”

 As an Adult:

 “Yahweh (God) is angry, and He is out to get me.”

. Fear of Isolation:

 As a Child:

 “I’m not good or lovable like others.”

 As an Adult:

 “If people really knew me, they wouldn’t like me.”

*“Yahweh (God) is love…There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect I love.”*

 *1 John 4:16, 18*

Fallout from Fear

If you live with the fear of rejection or loneliness or worthlessness, you will eventually develop a fear-based personality. This personality, buried deep in the roots of childhood shame, can stay with you for the rest of your life. You may wear the adult clothes of personal success, but deep down in your heart, the fear of being exposed as “needy” creates the desire to hide who you really are. This dishonesty undermines the likelihood of love and intimacy in close relationships.

*“He (Adam) answered. ‘I heard you in the garden, and I was afraid because I was naked; so I hid.”*

*Genesis 3:10*

□ –Difficulty expressing feelings □ –Difficulty braving failure

□ –Difficulty taking criticism □ –Difficulty facing conflict

□ –Difficulty accepting responsibility □ –Difficulty making decisions

□ –Difficulty staying alone □ –Difficulty feeling empathy

“So do not fear, for I am with you; do not be dismayed, for I am your Elohim (God). I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 41:10

Anger

You may ask, “What does anger have to do with guilt?” Anger is the natural way of fighting guilty feelings.” Guilt contacts your emotional antenna and sends out messages of shame. When you feel shame that you have done something wrong, the feared threat of rejection surfaces, and anger becomes the closest weapon for aiming at:

. The confronting person who exposes your fault-

 “She criticizes me and makes me look foolish in front of my friends.”

. The significant person who sees your inadequacies and may reject you-

 “Dad loves my brother more than he loves me because my brother does

 Everything better than I do.”

. The hurting person (you) who longs for acceptance-

 “I hate myself for being so inferior and not living up to the standards of

 Others.”

*“In your anger do not sin; when you are on your beds, search your hearts and be silent.”*

*Psalm 4:4*

Acting Out Anger

Most people do not recognize the power that false guilt has in undermining relationships. Even less obvious is the role of anger in derailing relationships. Since anger is a threatening and dangerous emotion, we often try to camouflage it by being in control. The need to be in control as a result of hidden anger is where false guilt functions as the most manipulative devious enemy.

. Taking control by becoming rebellious-

 “If you don’t like the way I am, it’s just too bad.”

. Taking control by attacking-

 “You said I wasn’t honest, but you are always criticizing me!”

. Taking control by shifting the blame-

 “I couldn’t finish writing my paper because someone needed my help.”

. Taking control by suppressing true feelings-

 “I never get angry at anyone. People can’t help what they do.”

. Taking control by confessing to everything-

 “I’m so sorry. It’s all my fault. Will you forgive me?”

 (The motive is trying to relieve your guilt rather than desiring to change

 Your behavior.)

 *“Therefore, there is now no condemnation for those who are in Messiah Yeshua (Christ Jesus).” Romans 8:1*

The Enemy Discovered

Meet two kinds of guilt: One is a friend who speaks truth, gently leading you to repentance and forgiveness. The other is a secret conspirator who taunts and condemns, bringing dishonor and inner shame. False guilt arises when you blame yourself even though you’ve committed no wrong or when you continue to blame yourself after you have confessed and turned from your sin.

*“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”*

*1 Peter 5:8*

 True Guilt False Guilt

“When he, the Spirit of truth,comes,he “For the accuser of our brothers

will guide you into all truth.” (Satan), who accuses them before John 16:13 our Elohim (God) day and night, has been

 hurled down.” Revelation 12:10

. Based on fact . Based on feelings

“I was wrong to take paper and other “I feel horrible…because I am

office supplies home for my horrible for wanting something

My personal use. This is actually that isn’t mine, much less thinking

Stealing.” About taking it. How could I sink

 so low as to even consider

 using work supplies at home!”

. Results in a Godly Sorrow over sin . Results in a worldly fear of

 Consequences

“My failure to be honest makes me aware “I should have worked all

of how much I don’t reflect the character weekend to make up for slacking

of Messiah (Christ). Dear Yahweh (God), off all week. Now my employer

I want to change. I am heartsick over may decide to fire me. If only

Bringing shame to my Savior.” I’d accomplished more, I wouldn’t

 be in this predicament. What am I going

 Tell my wife if I lose my job?

 How am I going to pay my

 bills?

 True Guilt False Guilt\_\_\_\_\_\_\_\_\_\_\_

. Brings Conviction from the Holy . Brings condemnation from Satan

 Spirit

“I now see that my attitude was “I am a terrible person for feeling

wrong in assuming the company anger at my employer.”

owed me what I took.”

 . Results in Repentance . Results in Depression

“I want to be a person of integrity “I might as well give up! I’ll never be

I will make restitution at work and the kind of person I should be.

I will pray for the Elohim’s (Lord’s) just no good, and nothing will change

Strength to change my dishonest that. I’m truly hopeless.”

Habits.”

. Accepts Forgiveness . Abides in Self-pity

“I Am thankful that I have a “I’m always trying to do my best,

heavenly Father who will always but I just don’t have all the

forgive me, no matter what I have advantages that others have. If I had done.” a better paying job, I wouldn’t have

 to resort to taking things.”

. Accepts: Forgiveness . Achieves: Many personal Good

 Works

“Only by relying on Yeshua Messiah “The more I do for the church and (Jesus Christ) to meet my needs and others the better I feel about myself

His redeeming work within me will and the more others will respect

I be able to be the person I was me.”

Created to be.”

. Brings Reconciliation with Yahweh . Brings Alienation from Yahweh (God)

 (God) and others and others.

“Knowing that Yahweh (God) always “Yahweh (God) could never love me.

Loves me allows me to be more If I let others get too close and see what I

Loving and forgiving of others.” am really like, they will reject me. I can’t

 count on anyone except myself.”

*“Then you will know the truth, and the truth will set you free.”*

*John 8:32*

The Enemy Disguised

Enemies rarely allow themselves to be seen for who they really are until truth begins to unveil their suspicious traits and tendencies. Because false guilt can survive unnoticed for a lifetime, few people suspect it as the real culprit that sabotages relationships and destroys intimacy. Though they may not be aware of it, certain people in the deepest part of their being, function on the basis of unrecognized, unacknowledged core beliefs.

Consider the following behaviors, which may be clues to your own unresolved feelings of guilt.

. The Loner

“I fear I will be rejected if people get to know me.”

. The Critic

“I focus on the faults of others to avoid looking at myself.”

. The Perfectionist

“In order to receive approval/acceptance from others, I must not make mistakes.”

. The Workaholic

“By staying busy and productive, I avoid having to take a deeper look at my real feelings.”

The Benefactor

“Giving many gifts and doing things for others is the only way I can show love.”

The Penny Pincher

“I would never waste money on frivolous things like vacations, new clothes or nice places to eat.

The Martyr

“How can I accept a compliment? Others will think I’m prideful.”

The Worrier

“I avoid dealing with the real sin in my life by worrying about less important things.”

. The Apologist

“If I always apologize, people will not get angry at me.”

The Defendant

“My strongest defense (protection) is a good offense.”

The Confessor

“If I admit guilt for everything, I can subtly deny guilt for anything.”

The Legalist

“Yahweh (God) will surely forgive me for all my faults if I give myself to serving Him.”

The Melancholy

“Rather than working through my feelings of guilt, I would rather be depressed.”

Most of us have a hard time recognizing the blind spots and seeing ourselves in one of these “personalities.” If you sincerely desire to know the truth about yourself, confront your inner enemies and be “set free.” You might ask friends if they recognize any of these characteristics in you. Restrain your natural defenses and listen to Yahweh (God) to speak the truth to you. His voice will be loving and gentle, communicating hope and encouragement.

*“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:8-9*

The Enemy Diagnosed

Both true and false guilt need to be appropriately dealt with. If you have difficulty seeing the power of underlying guilt in your personal behavior, consider some of the physical symptoms that can also be the result of hidden, unresolved guilt.

. muscle tension . anxiety . easily fatigued . inability to relax

. overweight . ulcers . sleeplessness . sexual impotency

. headaches . phobias . high blood pressure . depression

*“Why do you cry out over your wound, your pain that has no cure? Because of your great guilt and many sins I have done these things to you.”*

*Jeremiah 30:15*

Causes of Guilt

Guilt, more than any other emotion, can grab your heart and squeeze it with a death grip. You feel true guilt when you face yourself squarely in the mirror in order to discover the real sins and hidden faults for which you are accountable to Yahweh (God). Yet interestingly, you can feel guilty when you are not guilty. This feeling is called false guilt. Just because you feel guilty does not mean you have disobeyed Yahweh (God) or broken His moral laws. The following questions about guilt are real questions from real people. May the answers give you insight for correctly discerning the true from the false.

*“Who can discern his errors? Forgive my hidden faults. Keep your servant also from willful sins; hey not rule over me. Then will I be blameless, innocent of great transgression.” Psalm 19:12-13*

Awareness of True Guilt

True guilt is valuable because Yahweh (God) will use it to persuade you to change your negatives into positives. Guilt is an uncomfortable inner awareness that says’ I have done something wrong. This convicting not non-condemning inner voice comes from two sources, a natural Yahweh (God)-given conscience and the Spirit of Yahweh (God).

Source #1...A Yahweh (God)-given conscience that gives everyone a sense of both right and wrong

*“For since the creation of the world Yahweh’s (God’s) invisible qualities-his eternal power and divine nature-have been clearly seen, being understood from what has been made, so that men are without excuse.”*

*Romans 1:20*

. A Cognitive Conscience

* A properly trained conscience that knows the will of Yahweh (God)

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what Yahweh’s (God’s) will is-his good, pleasing and prefect will.*

*Romans 12:2*

A *Convicting* Conscience

* A dependable conscience that approves the good and condemns the

Bad

 *“Since they show that the requirements of the law are written on their*

 *hearts, their consciences also bearing witness and their thoughts now*

 *accusing, now even defending them.” Romans 2:15*

.

 A Cleansed Conscience

* A purified conscience that has gained the freedom to serve Yahweh (God)

*“How much more, then , will the blood of Messiah (Christ), who through the eternal Spirit offered himself unblemished to Yahweh (God), cleanse our conscience from acts that lead to death, so that we may serve the living Elohim (God)!” Hebrews 9:14*

. A Clear Conscience

* A confident conscience that can withstand assaults from the enemy

*“Keeping a clear conscience, so that those who speak maliciously against your good behavior in Messiah (Christ) may be ashamed of their slander.” 1 Peter 3:16*

. A Corrupt Conscience

* A impure conscience that has not been trained properly or is altered by the dictates of social opinions

*“To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted.” Titus 1:15*

. A calloused Conscience

* A seared conscience that has become insensitive to the Holy Spirit

By persistent involvement in sin

*“Such teachings comes through hypocritical liars, whose consciences*

*have been seared as with a hot iron.” 1 Timothy 4:2*

Source #2…The Holy Spirit whom Yahweh (God) has placed in the world to convict those who violate His moral laws

 *“When he (the Holy Spirit) comes, he will convict the world of guilt in regard to sin and righteousness and judgment.” Titus 1:16*

. The Holy Spirit is a gift from Yahweh (God).

 “Peter replied, *‘Repent and be baptized, every one of you, in the name of Yeshua Messiah (Jesus Christ) for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.” Acts 2:38*

. The Holy Spirit makes His home in your heart.

 *“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from Yahweh (God)?” 1 Corinthians 6:19*

. The Holy Spirit communicates Yahweh’s (God’s) love for you.

 *“Hope does not disappoint us, because Yahweh (God) has poured out his love into*

 *our hearts by the Holy Spirit, whom he has given us.” Romans 5:5*

. The Holy Spirit writes Yahweh’s (God’s) laws on your heart.

 *“The Holy Spirit also testifies to us about this. First he says: “this is the*

 *covenant I will make with them after that time, says the Elohim (Lord), I will put my*

 *laws in their hearts, and I will write them on their minds.”*

 *Hebrews 10:15-16*

. The Holy Spirit helps you understand the thoughts of Yahweh (God).

 *“For who among men knows the thoughts of a man except the man’s spirit*

 *within him? In the same way no one knows the thoughts of Yahweh (God) except the*

 *Spirit of Yahweh (God).” 1 Corinthians 2:11*

. The Holy Spirit teaches and reminds you all things

 *“The Counselor, the Holy Spirit, whom the Father will send in my name,*

 *will teach you all things and will remind you of everything I have said to*

 *you.” John 14:26*

*. The Holy Spirit confirms your conscience*

 *“I speak the truth in Messiah (Christ)-I am not lying, my conscience confirms it in the*

 *Holy Spirit.” Romans 9:1*

. The Holy Spirit brings convection to your heart.

 *“Because our gospel came to you not simply with words, but also with*

 *power, with the Holy Spirit and with deep conviction.” 1 Thessalonians 1:5*

. The Holy Spirit fills you with hope!

 *“ May the Elohim (God) of hope fill you all joy and peace as you trust in him, so that*

 *you may overflow with hope by the power of the Holy Spirit.”*

 *Romans 15:13*

. The Holy Spirit gives you the power to obey Yahweh (God).

 *“You will receive power when the Holy Spirit comes on you; and you will*

 *be my witnesses in Jerusalem, and in all Judea and Samaria, and to the*

 *ends of the earth.” Acts 1:8*

Devolvement of False Guilt

The beginnings of false guilt go back to early childhood. If you heard repeated messages that said you were “naughty” or “bad,” your heart began to whisper, “Shame on you! Your feelings then lead you to believe…

. “Love is based on my performance

. “My performance does not live up to the expectations of others.”

. “I’m in danger of rejection and abandonment!”

Growing up hearing an inner voice saying Shame on you! Causes many of us to establish negative inner attitudes about ourselves. Unknown to us, we develop unhealthy patterns of relating to others that stay with us even through adulthood. As these patterns develop, true guilt over an action that hurts another (real sorrow over our sin) is immediately transferred over false guilt (fear of rejection from others.)

*“I was ashamed and humiliated because I bore the disgrace of my youth.”*

*Jeremiah 31:19*

Source #1… Development of Self-Effort

Yahweh (God) has given us three basic needs inner needs, which He uses to lead us to the realization that ultimately He is the only One who can meet all our needs. All of us emerge from childhood with different defects, but when the heart is unmercifully controlled by shame; Yahweh (God)-given inner needs are persistently met by self-effort.

. The need for love is met by pleasing others.

. The need for significance is met by perfect performance.

. The need for security is met by emotional dependencies.

*“Am I now trying to win approval of men, or Yahweh (God)? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Messiah (Christ).”*

*Galatians 1:10*

Source #2… Development of Wrong Beliefs

The root cause of false guilt is based on inaccurate feelings that have taken control of your thought process. These thinking patterns, ultimately your major belief system, damage your concept of Yahweh (God) and camouflage your need for a Savior.

*“I cannot lift my head, for I am full of shame and drowned in my affliction.”*

*Job 10:15*

Wrong Belief:

“I don’t feel Yahweh’s (God’s) love, and the only way I can have any sense of value and worth is to be loved, accepted and admired by another person.”

Right Belief:

The only way to receive Yahweh’s (God’s) fulfilling love is to recognize my inner needs and look to Him for love, for acceptance and for meaning in life.”

*“Anyone who trust in him will never be put to shame.”*

*Romans 10:11*

. True Guilt speaks with conviction, reminding you that we are all guilty of sin.

 False Accusation: “I feel like a failure and not as worthy as others.

. True Guilt is concerned about developing your inner character.

 False Accusation: “I worry about how I am looking in the eyes of others.”

. True Guilt communicates Yahweh’s (God’s) love and encouragement.

 False Accusation: “I feel humiliated when I do something wrong.”

. True Guilt does not make excuses for itself.

 False Accusation: “I feel I can’t be healed…that I’m a victim of my past.”

 . True Guilt allows for failure.

 False Accusation: “I feel like I’ll never measure up because of my

 repeated failures.”

. True Guilt encourages your real feelings to surface.

 False Accusation: “I feel I must never become angry.”

. True Guilt lovingly shows you the feelings of another.

 False Accusation: “I feel like I’m insensitive to the hurt and pain of

 others.

. True Guilt is accompanied by a desire to change.

 False Accusation: “I feel like Yahweh (God) doesn’t hear my prayers.”

. True Guilt lifts your spirit and brings joy when you commune with Yahweh (God).

 False Accusation: I feel that something bad is sure to happen to me in

 The future.”

*“For I know the plans I have for you, ‘declares the Elohim (Lord), ‘plans to prosper*

*you and not to harm you, plans to give you hope and a future.*

*Jeremiah 29:11*

Recognize the Voice of Your Enemy

The Bible says that Satan loves to disguise himself by masquerading as spokesman for Yahweh (God). Brutally accusing and condemning those with a sensitive conscience, he uses underserved guilt as his most powerful weapon. Satan tenaciously incriminates committed Christians, using guilt and fear to generate severe spiritual discouragement. Learn to discern the lies of Satan. He often communicates with a subtle use of unreasonable “should’s.”

. “You should be smarter and more capable.
. “You should be able to get over your loss much more quickly.”

. “You should have been more careful and conscientious.”

. “You should do more for the poor people around you.”

. “You should endure hardship and pain with dignity.”

. “You should never display anger or disappointment.”

. “You should never let anyone know your real feelings.”

. “You should never cry or show weakness.”

. “You should never tell your pastor no.”

. “You should be the perfect friend, mate, parent, or employee.”

“*The accuser of our brothers, who accuses them before our Elohim (God) day and night, has been hurled down.” Revelation 12:10*

Resolve to Forgive Yourself

Although some sins bring greater consequences than others, Yahweh’s (God’s) viewpoint is that sin is sin. His forgiveness covers all sins, yet some of us place ourselves above Yahweh (God) and become unwilling to forgive ourselves. Nowhere in the Bible does Yahweh (God) say He forgives all our sins except…! If you chose to have a self-focused, unforgiving heart, you will struggle with…

. Uncertainty about where you stand before Yahweh (God)

. Undesired compulsive behavior

. Unspiritual false humility

. Undeserved self-deprivation

. Unawareness of Yahweh’s (God’s) priorities for you

. Undervalued sense of your usefulness to Yahweh (God)

*“Dear friends, if our hearts do not condemn us, we have confidence before Yahweh (God).” 1 John 3:21*

Many Christians who know that Yahweh (God) has forgiven them still feel weighted down with self-condemnation. These tormented hearts must rebuke the lies of Satan and remind him, “I am under the blood of Messiah (Christ)!”

*“Dear friends, do not believe every spirit, but test the spirits to see whether they are from Yahweh (God), because many false prophets have gone out into the world.” 1 John 4:1*

If self-condemnation is your burden, memorize the following passages of Scriptures. Yahweh’s (God’s) Spirit can succeed where you have failed.

*1 John 1:9….”If we confess our sins, he is faithful and just and will forgive*

 *us our sins and purify us from all unrighteousness.”*

*Hebrews 8:12….”I will forgive their wickedness and will remember their*

 *Sins no more.”*

*Isaiah 1:18….”Come now, let us reason together, ‘says the Elohim (Lord). ‘Though*

 *Your sins are like scarlet, they shall be as white as snow;*

 *Though they are red as crimson, they shall be like wool.”*

*Romans 8:1….”There is now no condemnation for those who are in*

 *Messiah (Christ).”*

*1 John 1:7….”If we walk in the light, as he is in the light, we have*

 *fellowship with one another, and the blood of Yeshua (Jesus), his Son,*

 *purifies us from all sin.”*

*Romans 5:1….”Since we have been justified through faith, we have peace*

 *With Yahweh (God) through our Elohim Yeshua Messiah (Lord Jesus Christ).”*

*Romans 8:33-34….”Who will bring any charge against those whom Yahweh (God)*

 *has chosen? It is Yahweh (God) who justifies. Who is he that*

 *condemns? Messiah Yeshua (Christ Jesus), who died-more than that,*

 *who was raised to life-is at the right hand of Yahweh (God) and is*

 *also interceding for us.”*

*Matthew 6:14-15….”If you forgive men when they sin against you, your*

 *Heavenly Father will also forgive you. But if you do*

 *Not forgive men their sins, your Father will not forgive*

 *Your sins.”*

*Philippians 3:13-14….”Brothers, I do not consider myself yet to have taken*

 *Hold of it. But one thing I do: Forgetting what is*

 *Behind and straining toward what is ahead, I press*

 *On Toward the goal to win the prize for which Yahweh (God)*

 *has Called me heavenward in Messiah Yeshua (Christ Jesus).”*

Fellowship with your Friend

Do you remember falling down and scraping your knee as a child? Did you run to your mother for her to pick you up and kiss the hurt away? Miraculously, it always worked! You felt good again and ran back out to play. The same is true when we take our bruised and broken lives to Yahweh (God): He forgives and forgets! It always works! And when we trust Him… He takes away the guilt!

“*There is now no more condemnation for those who are in Messiah Yeshua (Christ Jesus).”*

*Romans 8:1*

*You Are Forgiven*

*“When Yeshua (Jesus) saw their faith, he said, ‘Friend your sins are forgiven.’”*

*Luke 5:20*

Find the source of your guilt

. Examine why you are feeling guilty.

. Determine if your guilt is true or false.

. Use Scripture as the only standard for determining true guilt.

*“All scripture is Yahweh (God)-breathed and is useful for teaching, rebuking, correcting and training in righteousness.” 2 Timothy 3:16*

Own responsibility for your sin

. Agree with Yahweh (God) that you are guilty of sinning.

. Ask Yahweh (God) to reveal your own personal sin patterns.

. Make restitution to those whom you have sinned against.

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9*

Realize that Yahweh (God) means what He says

. Thank Yahweh (God) for the gift of His Son, who paid for your forgiveness.

. Thank Yahweh (God) for His unending forgiveness, even if you don’t feel forgiven.

. Choose to believe what Yahweh (God) says.

*“In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of Yahweh’s (God’s) grace that he lavished on us with all wisdom and understanding.” Ephesians 1:7-8*

Give up dwelling on the Past

. Give up holding on to past pain

. Give up self-condemnation

. Give up refusing to forgive others

. Give up holding on to past pain

. Give up self-condemnation

. Give up refusing to forgive others

“*Forget the former things; do not dwell on the past.”*

*Isaiah 43:18*

Invest time in renewing your mind

. Memorize Scripture that reinforces Yahweh’s (God’s) forgiveness

. Remember that *“in Messiah (Christ) you are a new creation” 2 Corinthians 5:17*

. Learn to see yourself as a valuable child of God

“*You were taught, with regard to your former way of life, to put off old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds.” Ephesians 4:22-23*

Verify truth when Satan accuses

. Learn to discern the difference between the Holy Spirit’s voice and that of Satan

. Answer Satan’s accusations with truth from Scripture

. Verbalize a personal prayer receiving Yahweh’s (God’s) forgiveness

*“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Elohim (Lord), and this is their vindication from me, ‘declares the Elohim (Lord).”*

*Isaiah 54:17*

Exchange your life for the life of Messiah (Christ)

. Understand that you cannot live the Christian Life in your own strength

. Allow Messiah (Christ) to transform you and live out His character through you.

. Continue to nurture the Holy Spirit’s presence through personal prayer and Bible study

*“I have been crucified with Messiah (Christ) and I no longer live, but Messiah (Christ) lives in me. The life I live in the body, I live by faith in the Son of Yahweh (God), who loved me and gave himself for me.”*

*Galatians 2:20*

Notice that Yahweh (God) brings your feelings in line with the facts when you obey Him

. Know Yahweh (God) as a Elohim (God) of second chances

. Know that your feelings won’t change immediately

. Know that feelings usually follow thinking

“*You need to persevere so that when you have done the will of Yahweh (God), you will receive what he has promised.”*

*Hebrews 10:36*

*“Blessed is he who transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the Elohim (Lord) does not count against him and in whose spirit is no deceit.”*

 *Psalm 32:1-2*

Material taken from: Guilt-Living Guilt Free by June Hunt Hope for the Heart

**Guilt Workbook**

1. **What is guilt?**
2. **What is True Guilt?**
3. **Is being guilty a fact or a feeling?**
4. **What does Leviticus 5:17 say about sin and being guilty?**
5. **What does “true guilt” require to be removed from us?**
6. **The Greek word enochos means?**
7. **What Is False Guilt?**
8. **Name the three destructive weapons that false guilt uses.**
9. **Will confession cure false guilt? Why or why not?**
10. **Who is our accuser?**
11. **What are some of his favorite strategies to use against us?**
12. **Is shame and guilt the same?**
13. **What are the differences between shame and guilt?**
14. **How long can devastating scars from shame last?**
15. **What are the side effects of shame?**
16. **Fear stems from what?**
17. **Name the four different types of fear that some people may have?**
18. **What does Genesis 3:10 say about fear?**
19. **What are some difficulties that you have had with fear?**
20. **“What does anger have to do with guilt?”**
21. **Can True guilt be your friend? If, so how?**
22. **False guilt arises when?**
23. **Name the eight types of behavior associated with false guilt?**
24. **Can you name the physical symptoms of unresolved guilt?**
25. **Complete the following sentence: \_\_\_\_\_\_\_\_\_, more than any other emotion, can grab your heart and \_\_\_\_\_\_\_\_\_ it with a \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.**
26. **You can feel guilty when you are not guilty. This feeling is called\_\_\_\_\_\_\_\_\_\_.**
27. **In what ways can awareness of true guilt be good for you?**
28. **This convicting not non-condemning voice comes from two sources, name them?**
29. **Source #1 comes with 6 different ways of reveling true guilt, name each one and how it works.**
30. **Source #2 comes with 10 different ways of reveling true guilt, name each one.**
31. **The beginnings of false guilt go back to early childhood. What some things that could have been said that would allow false guilt to later in life show up?**
32. **What are the three basic God given inner needs?**
33. **How do you meet your need for Love?**
34. **How do you meet your need for Significance?**
35. **How do you meet your need for security?**
36. **Read the bottom paragraph of page 15 and top of page 16 in the manual. Tell me if you notice anything?**
37. **Read bottom of page 16. Tell me what you notice in those statements?**
38. **If you do not resolve to forgive yourself what are 6 things that you will struggle with?**
39. **Do you remember falling down and scrapping your knee as a child? Did you run to your mother for her to pick you up and kiss the hurt away? When your heart has been broken where do you run too? Who should you run too?**
40. **Name three things you can do to find the source of your guilt.**
41. **How can you own responsibility for your sin?**
42. **How can you realize that God means what He says?**
43. **How can you give up dwelling on the past?**