

May 28, 2025 – Understand & Dealing With Guilt

Guilt. All know it. Dealt w/ it. **Shame:** related, interchangeably used.

Guilt - **specific action**/behavior... **Shame** - **self-worth**; how u feel re: self.

Guilt – responsible... remorse. **Shame** – neg. feeling. **Bad person... don't**

Neither are what God wants for us.

Deserve happiness

Isaiah 61:7 – “Instead of **shame**, My people will have a **double portion**, and instead of humiliation, they will rejoice in their share; and so they will inherit a double portion in their land, and everlasting joy will be theirs.”

Double portion is abundant **blessing & restoration**.

The H.S. convicts us. Right/wrong. Conscience. Conviction. . . Repent.

H.S. aligns us with God's word. It's for good. Growth. Maturity.

Not to pile on guilt or shame. It's repent & reconcile.

Guilt ... other hand ... condemns, discourages, negative.

Guilt is fueled by fear, anxiety, shame... is a **tool of the enemy**. For bad.

It leaves you feeling bad... failure. H.S. leaves you feeling better.

Guilt draws U inward . . . Conviction draws U to God.

Need to develop discernment ... learn difference. EXAMPLE:

Survivors Guilt. Story of Rebecca Thompson. Fremont Canyon Bridge.

Near Casper, Wyoming. . . N. Platte River. Amy (11). Just 18.

-- **John 10:10** – “The thief comes only to steal and kill and destroy”

Jesus came to give us life & have it abundantly.

Bible -- God's response to our Guilt & Shame.

Gen. 2:25 - Adam/Eve “were both naked, and they felt no shame.”

Serpent shows up... **lies... fall for it. Feel guilt & shame.**

Gen. 3:7 – realized they were naked; hid, made fig leave coverings.

Yes, consequences. But - **3:21** – “**The Lord God made garments of skin for Adam and his wife and clothed them.**”

- God does not want us feeling guilty, having shame.

- 1 Peter. 4:8 – “love covers a multitude of sins.”

Isaiah 61:10 – “I will rejoice greatly in the LORD, My soul will be joyful in my God; For He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness”

Lev. 4-7 – Sin & Guilt Offerings. Jesus is our High Priest.

Jesus also shows us nature/God. **John 8** -woman caught in act of adultery.

- Jesus shows us He is interested in repentance & freedom.
 - o Jesus came to save, not condemn.
- “Where are your accusers? Didn’t even one of them condemn you?”
- ¹¹ “No, Lord,” she said.
- And Jesus said, “Neither do I. Go and sin no more.”

We’ve all sinned. All dealt w/ Guilt. All had fear of what others think.

- We’ve seen the stones (real & imaginary) that others cast towards us.
- BUT – dealing w/it requires discernment. Is this guilt or conviction?
 - o Guilt - tool of the Enemy. Conviction – tool of the H.S.
 - o Need to accept responsibility – forgiveness – retribution?
 - o OR – need to hear the words of Jesus to the woman in John 8?
 - **“Neither do I. Go and sin no more.”**
 - Hearing Jesus’ words U can experience freedom/guilt... His words say we are **loved & accepted & called to do better.**
 - o Jesus doesn’t condemn . . . He invites us to be transformed. Unlike the paralysis of guilt, conviction shows a way forward.