

Introduction: Understanding the complexity of guilt

What is guilt?

- **Literal meaning** = “the state of having committed an offense. It’s the opposite of innocence.” – vocab.com
- **Psychological meaning** = “an emotional response to the perception that we have broken a prohibition or fallen short of a standard. Thus, guilt can be both a **fact** and a **feeling** and the two are not necessarily related.” – Dr. Becca Johnson
 - Distinctions of “guilt” and “guilty feelings”
 - Distinctions of “good/true” guilt and “bad/false” guilt
- **Theological meaning** = it is the moral and legal condition of all people prior to salvation; our personal accountability and just condemnation for sin and transgressions against God’s law. – Romans 3:9-23
 - Result = **Prior to salvation** all are guilty/condemned.
 - Result = **Post salvation** all guilt and condemnation is permanently obliterated.

Question: How do you tend to cope with guilt?

What is God's antidote for guilt?

Examining the universal problem:

*¹ As for you, you were **dead** in your transgressions and sins, ² in which you used to live when you followed the ways of this world and the ruler of the kingdom of the air, the spirit who is now at work in those who are **disobedient**. ³ All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature **objects of wrath**.*

Ephesians 2:1-3

- We are all _____ and members of a _____ dysfunctional family.
 - The source = Romans 5:12
 - The result = Death, disobedience, destruction

Understanding God's solution

*⁴ But because of His great love for us, God, who is rich in mercy, ⁵ **made us alive** with Christ even when we were dead in transgressions – it is by grace you have been saved. ⁶ And God **raised us up** with Christ and **seated us with Him** in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus.*

Ephesians 2:4-7

- Jesus' _____ rescued us from condemnation and into His _____.
 - His motive = verse 4
 - His action = verses 5-6
 - His purpose = verse 7

Experiencing God's provision

⁸ For it is **by grace** you have been saved, **through faith** – and this not from yourselves, it is the gift of God – ⁹ not by works, so that no one can boast.

Ephesians 2:8-9

- Our _____ can only begin when we recognize the full extent of our need.
 - The source = 100% _____
 - The reception = through _____
 - The result = No _____

Therefore, there is now no condemnation for those who are in Christ Jesus.

Romans 8:1

Embracing the beauty of God's re-creation

*For we are God's **workmanship**, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Ephesians 2:10

- You are His _____.
- You are uniquely gifted and _____ in your inward character and outward appearance in God's eyes.

How to see yourself as God sees you

- **The principle** = Replace your “warped mirrors” and misbeliefs with the Truth of God’s Word.

Misbeliefs

- I am a bad person. My past mistakes and “guilty feelings” confirm I am dirty, ugly, and unlovable.
- If only I could be as beautiful, talented, and morally pure as _____?, then I would be happy.



Appearance Truth

My Soul (the real me), my physical appearance, my natural talents and my personality (in their unchanging aspects) are beautiful in God’s sight.

He is my designer and maker.

– Psalm 139:13-17, Ephesians 2:10

Resources:

Affirmation Cards – Theresa Ingram

The Search for Significance – Robert McGee

Good Guilt, Bad Guilt – Dr. Becca Johnson

Tired of Trying to Measure Up – Jeff VanVonderen