

January 2020 New Year Sermon Series of Hope Community Chapel
Defeating Guilt with Forgiveness And Grace
Sunday Family Worship Service 9:30 AM – 1/5/2020

Therefore there is now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. (Rom 8:1-2 NAU)

Message Title: 21/20 GUILT Wins – Pastor Glen

Personal Guilt Assesment:

Do you have any of these beliefs and behaviors?

You believe people will reject you if they really get to know you so you keep to yourself and remain alone.

You pick out the faults and foibles of others to avoid looking at yourself and dealing with those areas you know need attention. You have mastered the ability to cut apart people critically with your tongue.

You believe the only way to be accepted and receive approval from everyone is to never make a mistake, so you seek perfection at any cost.

You believe that if you work harder and longer you will never have to actually deal with the feelings that well up deep inside you.

You believe that the only way people will like or love you is by giving gifts or doing things for people.

You believe that letting people use you or take advantage of you is the only way to really let them know how sorry you are for a mistake you made.

You believe you are not worth spending money on so you think it is a waste of money to go on vacation, to the movies or out to eat or splurge on something you would like to have.

You believe people will think your arrogant or full of pride so you refuse to accept a compliment or push aside acknowledgement for jobs you have done well.

You believe that if you worry about others and insignificant things like the bathroom being out of toilet paper you will not have to actually take responsibility for your own sin.

You avoid physical intimacy with people especially your spouse because you really believe it is inappropriate and that sex is really dirty and should never be spoken of in public.

You believe if you apologize, even if you have not done anything wrong, you can keep people from getting upset with you.

You believe that you must always defend yourself and give a reason for why you did or can not do something so people will not think ill of you.

You believe that if you just accept responsibility for everything that is wrong like the

black sheep of the family, you can actually deny the real guilt you actually are dealing with.

You believe that if you read more and pray more and serve more and better as well that God would love you more and really forgive you.

You believe that it is easier to just be depressed and feeling awful than have to work hard at actually getting spiritual and emotional healing.

Do you experience any of these physical health issues:

- Muscle tension
- Easily fatigued
- Overweight
- Overly sleepy
- Sleeplessness
- Frequent headaches
- High blood pressure
- Anxiousness
- Restlessness / fidgety
- Inability to relax
- Ulcers
- Marital intimacy issues
- Excessive fears / phobias
- Depression
- Inability to focus

If you have checked 10-20 of these items you struggle with guilt and if you are not careful it will overwhelm you. If you have checked more than 20 you have a significant problem with guilt in your life and if you do not deal with it it will destroy you. And any ability to enjoy life and relationships the way God created you to enjoy them.

¹⁰ 'Fear not, O Jacob My servant,' declares the LORD, 'And do not be dismayed, O Israel; For behold, I will save you from afar And your offspring from the land of their captivity. And Jacob will return and will be quiet and at ease, And no one will make him afraid.'

¹¹ 'For I am with you,' declares the LORD, 'to save you; For I will destroy completely all the nations where I have scattered you, Only I will not destroy you completely. But I will chasten you justly And will by no means leave you unpunished.'

¹² "For thus says the LORD, 'Your wound is incurable And your injury is serious.'

¹³ 'There is no one to plead your cause; *No* healing for *your* sore, No recovery for you.'

¹⁴ 'All your lovers have forgotten you, They do not seek you; For I have wounded you with the wound of an enemy, With the punishment of a cruel one, Because your iniquity is great *And* your sins are numerous.'

¹⁵ 'Why do you cry out over your injury? Your pain is incurable. Because your iniquity is great *And* your sins are numerous, I have done these things to you. (Jer 30:10-15 NAU)

So what is False Guilt?

DEFINITION - False GUILT is "a feeling or feelings of self-condemnation that you have not lived up to your personal or someone else's expectations and therefore you believe you are

useless and a failure. "

(Brent Curtis, *Guilt*, Institute for Biblical Counseling Discussion Guide, ed. Tom Varney (Colorado Springs, CO: NavPress, 1992) Biblical Counseling Keys - Biblical Counseling Keys: Guilt: Living Guilt Free. June Hunt; and then I modified it)

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.

¹⁰ Then I heard a loud voice in heaven, saying, "Now the salvation, and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brethren has been thrown down, he who accuses them before our God day and night. (Rev 12:10 NAU)

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 God.

⁴⁴ "You are of *your* father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own *nature*, for he is a liar and the father of lies. (Joh 8:44 NAU)

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

⁸ Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. (1Pe 5:8 NAU)

What do shame, fear, and guilt do to us when we choose not to deal with false guilt?

Shame

Many people think guilt and shame are the same, but this is 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, I cannot 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." ([Proverbs 11:2](#))

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:
"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."

"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 in 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 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 and 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.)

"Man's anger does not bring about the righteous life that God desires." ([James 1:20](#))

Biblical Counseling Keys - Biblical Counseling Keys: Guilt: Living Guilt Free.

Abusive people are notorious for blaming their actions on those whom they abuse. *Blame shifting* is a means of controlling others and breaking down any possibility of resistance. No one deserves abuse. And no one makes another person sin. Your husband alone is responsible for his actions. You are not to blame for what he chose to do. The shame belongs to him alone, not to you.

"No one whose hope is in you will ever be put to shame, but they will be put to shame who are treacherous without excuse." ([Psalm 25:3](#)) (Biblical Counseling Keys - Biblical Counseling Keys: Guilt: Living Guilt Free.)

How do I respond to false guilt and get victory over its grasp and effects on me?

Ask yourself 3 questions

What am I hearing – accusations

What am I feeling – guilt

What Does scripture tell me – the facts the truth

Remember satan is a liar and an accuser but Jesus has defeated him.

⁴⁴ "You are of *your* father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own *nature*, for he is a liar and the father of lies. (Joh 8:44 NAU)

¹⁰ Then I heard a loud voice in heaven, saying, "Now the salvation, and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brethren has been thrown down, he who accuses them before our God day and night. (Rev 12:10 NAU)

²⁰ The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you. (Rom 16:20 NAU)

¹⁵ For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" (Rom 8:15 NAU)

⁷ For God has not given us a spirit of timidity, but of power and love and discipline. (2Ti 1:7 NAU)

My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; ² and He Himself is the propitiation for our sins; and not for ours only, but also for *those of* the whole world. (1Jo 2:1-2 NAU)

⁹ If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. (1Jo 1:9 NAU)

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