

The Christian Arsenal

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GUILT AND GRACE Good News About Grace

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Part 1 of 9
James 2:10

“The person who keeps every law of God but makes one little slip is just as guilty as the person who has broken every law there is.” James 2:10 (TLB)

1. WHAT IS GUILT?

“My guilt has overwhelmed me like a burden too heavy to bear.” Psalm 38:4 (NIV)

Guilt is a warning light.

We try to ignore it or pretend it's not there.

THERE ARE TWO KINDS OF GUILT:

- Genuine guilt
- False guilt

“You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish.” Galatians 3:3

THREE TESTS TO DETERMINE THE DIFFERENCE BETWEEN TRUE AND FALSE GUILT

- Is the focus on people or God?

Dr. Paul Tournier: “False guilt is that which comes as the results of judgments and the suggestions of men.”

- Is it vague or is it specific?

Satan is foggy – God is specific.

- Is it rules or relationships?

I broke the rules – or – I hurt someone.

The rules become more important than the relationships.

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False guilt blinds us to the miraculous work of God and it binds us to the meticulous rules of men.

2. OUR WAYS OF HANDLING GUILT

“...they sewed fig leaves together and made something to cover themselves ... they hid from the Lord God ... I was afraid because I was naked ... she gave me fruit from the tree, so I ate it.” Genesis 3:7-12 (NCV)

THREE WAYS WE NORMALLY RESPOND

- We often respond with shame.
- Hiding
- Blame

3. GOD’S WAY OF HANDLING GUILT: GRACE

“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

1. Confess your sins.

When it comes to sin we do one of two things – cover up or face up.

“God you know what I have done wrong. I cannot hide my guilt from you.”
Psalm 69:5 (NCV)

TO WHOM DO WE CONFESS?

- TO GOD
- TO OTHERS

Telling God means more than just admitting. The literal meaning of this word is “saying the same thing about it that God says.”

“Confess your sins to each other and pray for each other so God can heal you.”
James 5:16

2. Trust God’s Character

“...He is faithful and just ...”

“Let us come near to God with a sincere heart and a sure faith, because we have been made free from a guilty conscience.” Heb. 10:22 (NCV)

3. Accept God’s Forgiveness

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"...and cleanse us from all unrighteousness..."

"People who believe in God's Son are not judged guilty." John 3:18 (TLB)

God not only wants to free you of your guilt, He wants to use you in a new way. That's the good news about Grace.

"I finally admitted all my sins to you and stopped trying to hide them. I said to myself, I will confess them to the Lord and you forgave me. All my guilt is gone." Psalm 32:5 (TLB)