

Get Rid of Guilt



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How to Get Rid of Guilt

“Happy is the person
whose transgressions are forgiven
and whose sins are covered.”

Psalm 32:1

Regrets – What God Does With Them

1. God forgives _____

“Let’s talk it over,” says the Lord. “No matter how deep the stain of your sin, I can take it out and make it as clean as freshly fallen snow.” (Isaiah 1:18)

Jesus said, “It is finished.” (John 19:30)

Key Concept: “Paid in Full”

On the cross, Jesus said, “It is finished!” The actual New Testament word He chose literally means, “Paid in Full.” It was a term stamped on legal documents when a prison sentence was commuted. It was also stamped upon financial records when the final payment was made and the bill was “paid in full.” When Jesus died on the cross to pay for our sins, He said, “Paid in full!”

2. God forgives _____

There is now no condemnation for those who live in Christ Jesus. (Romans 8:1)

As far as the east is from the west, you have removed my sins from me that far. (Psalm 103:3)

3. God forgives _____

God promises, “I will remember your sins no more.”
(Jeremiah 31:34)

You have cast all my sins behind Your back. (Isaiah
38:17)

Regrets – What We Should Do With Them

1. _____ forgiveness.

Jesus said, “I did not come to condemn the world but I
came to save it.” (John 3:17)

Everyone who calls upon the name of the Lord will be
saved. (Romans 10:13)

2. Don’t be _____ on yourself.

As a father has compassion on his children, so the Lord
has compassion on those who love Him; for He knows
how we are formed, He remembers we are dust.” (Psalm
103:13-14)

There is no difference for all have sinned and fall short of
the glory of God. (Romans 3:22)

Key Concept: Forgiving Yourself

“I know God forgives me,” we say, “but I just can’t forgive myself.”

What are we, then, saying? That we are a higher judge than God? That we have a higher sense of morality than God? If God has declared us “not guilty,” then who are we to override His verdict?

When you are not willing to forgive yourself, you are saying two things to God:

1. Christ’s death on the cross was not sufficient payment for your sins; and,
2. You are a higher judge of what can be forgiven than God.

3. _____ **moving in the right direction.**

The Lord says, “Do not cling to the events of the past or dwell on what happened long ago. Watch for the new thing I’m going to do!” (Isaiah 43:18-19)

And we know that in all things God works for the good of those who love Him. (Romans 8:28)

Key Concept: Bad Choices

No matter what path you have chosen,
God can bless the rest of the journey.

Next Week

The Bounce Back Principle