

“GOOD-BYE UNHEALTHY GUILT”

WHO NEEDS GUILT?

- Guilt – Awareness that you are not living in such a way that pleases God. The Bible calls this sin.
 - We should feel guilt when we sin. This is called conviction. Conviction is healthy guilt.
 - Since we all will give an account of our lives, we need to be aware of what will be of no value in God’s eyes (1Cor. 3:10-15; 2Cor. 5:9-10).
 - The guilt of conviction is designed to motivate you to seek a change in your life that will result in pleasing God.
- Healthy guilt always;
 - Clearly points out how you have sinned;
 - Offers forgiveness and grace from God;
 - Turns you away from your sin and turns you towards pleasing God (Mt. 4:17; Ro. 2:4; 6:1-2).
 - Results in a clear conscience (1Tim. 1:5).

UNHEALTHY GUILT:

- If we ignore the healthy guilt of conviction;
 - There is no forgiveness; guilt begins to build up in our heart (1Jn. 1:8-10). This can often lead to denial.
 - There is a “weight” that we will carry, emotionally, physically and spiritually. You will pay a price (Ps. 32:1-5).
 - All our relationships will be adversely affected. We develop hardness of heart or mindset of condemnation.
- We can also carry false guilt. False guilt – guilt that results from misplaced responsibility.
 - Taking responsibility for things that we cannot control or should not try to control.
 - For example, the choices other people make.

- Trying to be perfect.
- Free-floating guilt – an overall sense of condemnation, unworthiness and/or failure.
 - This is usually rooted in performance-based living.
 - It rarely points toward any specific sin. There is no clear way out!

RESPONSIBLE TO PLEASE GOD:

- God's forgiveness through Jesus Christ makes the way for me to live a life pleasing to God. Grace enables me to take full responsibility.
- Make it your goal and purpose to please God in every area of your life (2Cor. 5:9; Eph. 5:10, 17; 1Thess. 2:4).
 - Throw away the minimum mentality.
 - Don't' be fooled by the, "Someday I will ..."
 - Refuse to blame others for your wrong behavior and reactions (Ja. 1:14-15).
 - Reach out to God to give you the help and power to change.
 - ***Pursue a life pleasing to God!*** (1Tim. 6:11; 2Tim. 2:22).