

Overcoming Guilt

Matthew 14:1-13

Welcome back! And here we go! Today we tackle an issue that plagues believers and non-believers alike - *Guilt* or what is known as a *guilt* complex.

Hopefully, as we look at the problems brought on by *guilt*, we can also find a solution and the answer. At the beginning of this lesson is the same answer we will have at the end --- faith in the redeeming act of Jesus Christ on the cross for you.

Not everyone can benefit from that solution, so they find solutions from a worldly Christ-less ideology.

Matthew 14:1-13

Again, what a crazy family! Lust, murder, revenge, delusion.....

Mark 6:16-17 NASB *'But when Herod heard of it, he kept saying, "John, whom I beheaded, has risen!" For Herod himself had sent and had John arrested and bound in prison on account of Herodias, the wife of his brother Philip, because he had married her.'*

Herod keeps saying "re-incarnation"

1) What impact has *guilt* had on your life?

People believe many things about themselves. Some believe they are going to hell --- that there's no way out. Some believe they have lost their salvation or that maybe they weren't really saved. Otherwise, "why would I still do the 'sin that so easily besets me'"? Some people decide to keep sinning because of *guilt*. I drink. I feel bad, so I drink more....

Guilt Complex

Webster's: *Guilt*: "a painful feeling (emotion) of self-reproach resulting from a belief one has done something wrong or immoral."

2) Why do people feel *guilt*?

Two Problems with *guilt*:

A. Guilt Paralysis

3) What happens if I don't believe God can forgive me?

- Deny the work of Christ
- Barrier to believing
- Stumbling block to advance; reject service
- Belief that I could do something to derail the work of Christ.

Hence, no salvation for unbeliever. No growth for believer!

B. Guilt Reaction Activity

4) What do people do when they feel guilty?

Once we reject Christ's ability to atone, we try to fix it ourselves!

- Suicide - can't live with guilt.
- Humanism - get rid of feeling with counter feeling.

"If you are bad, try real hard to be good".

Follow bad with good - you will feel better.

(Not always a bad idea in relationships --- amends / restoration).

- Legalism, religion - person's whole life is spent in church because they feel bad.
- Human good - estimated 80% of giving is done out of guilt.
- Trying to make up for bad.

5) Do you believe you have been forgiven?

Colossians 2:13-14

Romans 7:15 - 8:1

Romans 8:23-27

1 John 1:9

Of course there are still the lingering thoughts of *guilt*.

Let's respond by giving it to Christ in prayer and honesty believing we are forgiven. When it comes back to mind, proclaim this truth:

"I am forgiven."

Guilt should fade away to remorse and eventually acceptance and healing.

Let's pray.