

# “Does your Christianity make any Difference?”

## Guilt and Regret, Part 1

Genesis 3.1-8 & John 18.15-17, 25-27

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Premise: The biggest obstacles that stand in our way of being healed spiritually and emotionally may be the ugly step-sisters of guilt and regret.

- † Guilt is an emotion that results when one either breaks a law – one of God’s or one of man’s – or compromises one’s standards.
- † There is a difference in conviction and guilt. But initially, they both look the same way and feel the same way.
- † Once sin is pointed out, guilt and conviction take very different paths.
- † Guilt leaves you with the revelation of an offense, wrong, or sin with no hope of redemption, but only with the despair of condemnation.
- † Conviction reveals an offense, wrong, or sin opens the light of truth and provides a way out of guilt, offering forgiveness, redemption, and freedom in Jesus Christ.
- † In guilt, no one feels a ray of redemption, but only feels condemnation.
- † As soon as Adam and Eve heard God walking in the garden, they hid. They felt guilt, shame, condemnation, and fear.
- † Conviction not only reveals an error or sin, but uses this revelation to draw us back to God.

## Conviction or Guilt?

- † Guilt leads you away from God. Conviction leads you toward God.

- † Guilt comes from the enemy to drive you away from God in condemnation, shame, and unworthiness. Conviction comes from the Holy Spirit to lead you toward God in repentance, humility, and resting in His grace.
- † Guilt leads to more guilt. Conviction leads to living life in Christ as a redeemed, forgiven, transformed person.
- † The difference between conviction and guilt can be seen in the direction we're facing. If we're looking toward the cross, it's conviction. If we're running away and hiding, it's guilt.

### **Three to take home:**

#### **1. The practical problem with guilt is that it keeps us tied to the past.**

† Our todays don't have to be our yesterdays because we are new in Christ.

† How do you bury guilt? You accept what God says as truth!

Romans 8:1: *There is therefore now no condemnation to those who are in Christ Jesus...*

#### **2. Remember the 3 R's:**

† Recognize the guilt God never intended you to have.

† Replace the guilt with the truth: there is no condemnation in Christ.

† Repeat the process as often as necessary.

#### **3. Guilt and regret tell you nothing can change.**