

WHAT JESUS DOES WITH MY GUILT

- He forgives me **INSTANTLY**

“God is merciful and quick to forgive.” Isaiah 55:7 (GN)

- He forgives me **COMPLETELY**

“You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. ¹⁴ He canceled the record of the charges against us and took it away by nailing it to the cross.”

Colossians 2:13-14 (NLT)

- He forgives me **REPEATEDLY**

“Therefore (Christ) is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf.” Hebrews 7:25 (NLT)

- He forgives me **FREELY**

“He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.”

Ephesians 1:7 (NLT)

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! ² Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty!” Psalm 32:1-2 (NLT)



"The Word of Forgiveness"

“As they led Jesus away, a man named Simon, who was from Cyrene, happened to be coming in from the countryside. The soldiers seized him and put the cross on him and made him carry it behind Jesus. ²⁷ A large crowd trailed behind, including many grief-stricken women...

³² Two others, both criminals, were led out to be executed with him. ³³ When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left. ³⁴ Jesus said, “Father, forgive them, for they don’t know what they are doing.” And the soldiers gambled for his clothes by throwing dice.”

Luke 23:26-27; 32-34 (NLT)

“When the Roman officer overseeing the execution saw what had happened, he worshiped God and said, “Surely this man was innocent.” ⁴⁸ And when all the crowd that came to see the crucifixion saw what had happened, they went home in deep sorrow. ⁴⁹ But Jesus’ friends, including the women who had followed him from Galilee, stood at a distance watching.”

Luke 23:47-49 (NLT)

WHAT WE USUALLY DO WITH OUR GUILT

1. We **BURY** it.

“When I refused to confess my sin, my body wasted away, and I groaned all day long. ⁴ Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. ⁵ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone.” Psalm 32:3-5 (NLT)

“People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.”
Proverbs 28:13 (NLT)

2. We **BLAME** others

“The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.” Genesis 3:12 (NLT)

“People ruin their lives by their own foolishness and then are angry at the LORD.” Proverbs 19:3 (NLT)

3. We **BEAT** ourselves up

“My guilt has overwhelmed me like a burden too heavy to bear... ⁶ I am bowed down and brought very low; all day long I go about mourning.”
Psalm 38:4, 6 (NIV)

WHAT JESUS WANTS US TO DO WITH OUR GUILT

1. **ADMIT** it

“The LORD's light penetrates the human spirit, exposing every hidden motive.” Proverbs 20:27 (NLT)

“If we claim to be without sin, we deceive ourselves and the truth is not in us.” I John 1:8 (NIV)

“Let us examine our ways and test them, and let us return to the Lord.” Lamentations 3:40 (NIV)

2. **ACCEPT** responsibility

“For I recognize my rebellion; it haunts me day and night.”
Psalm 51:3 (NLT)

“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.”
James 5:16 (NLT)

3. **ASK** for forgiveness

“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”
I John 1:9 (NLT)

“For everyone has sinned; we all fall short of God's glorious standard. ²⁴ Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins.” Romans 3:23-24 (NLT)