A red brain is centered in the image, rendered in a stylized, textured manner. A white rectangular box is superimposed over the middle of the brain, containing the text 'EMOTIONAL WARFARE'. The background is a dark blue color with a repeating pattern of faint, light blue text phrases such as 'how to overcome envy', 'age of despair', 'how to find hope in an age of despair', 'how to discover self-worth', and 'how to deal with feeling guilty'.

EMOTIONAL WARFARE

how to deal with feeling guilty

Guilty, what comes to mind?



Overview

- What is Guilt?
- Examples
- How do we Detect it?
- How do we Deal with it?
- How others Dealt with it?
- Practical steps
- It's a new week!

What is Guilt?

- It is an emotion, a feeling
- We generally link guilt to feeling bad that can lead to shame:
 - Guilt: I made a mistake
 - Shame: I am a mistake
- It can inspire a helpful or unhelpful response depending on our circumstances and standards



What are our Standards?

Objective

- As it is
 - i.e. the law; God's, a government, an organisation...

Subjective

- As it is perceived
 - i.e. ambiguity in a contract, art, emotions



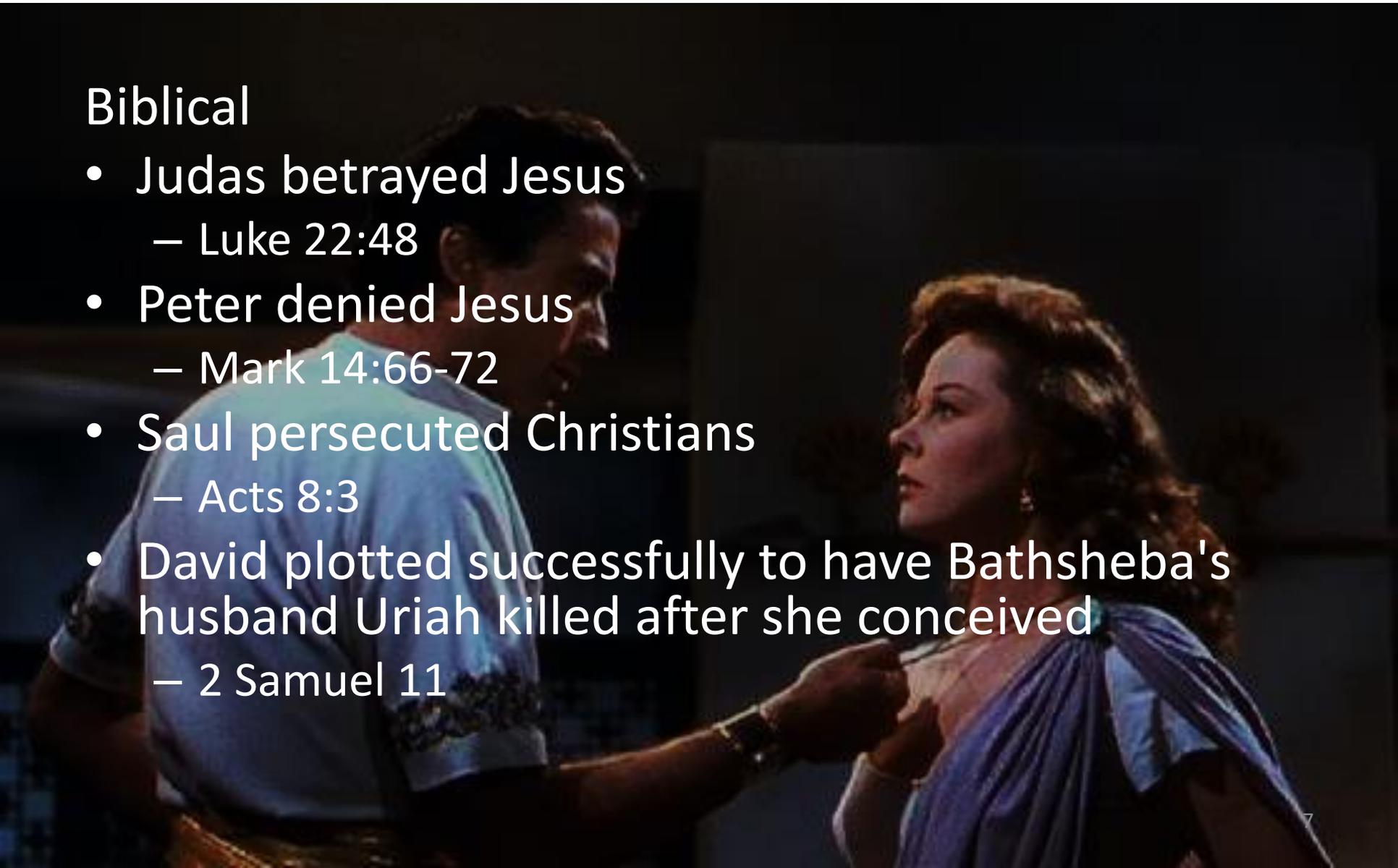
God's Standards

- OT (the BIG ten) – Exodus 20:1-17
 1. You shall have no other gods before Me
 2. You shall not make idols and worship them
 3. You shall not take the name of the LORD your God in vain
 4. Remember the Sabbath day and keep it holy
 5. Honour your father and mother
 6. You shall not murder
 7. You shall not commit adultery
 8. You shall not steal
 9. You shall not bear false witness against your neighbour
 10. You shall not covet
- NT (the Greatest Commandment) – Matthew 22:37-39
 1. Love the Lord your God with all your heart, soul, mind and strength
 2. Love your neighbour as yourself

Examples of Guilt

Biblical

- Judas betrayed Jesus
 - Luke 22:48
- Peter denied Jesus
 - Mark 14:66-72
- Saul persecuted Christians
 - Acts 8:3
- David plotted successfully to have Bathsheba's husband Uriah killed after she conceived
 - 2 Samuel 11

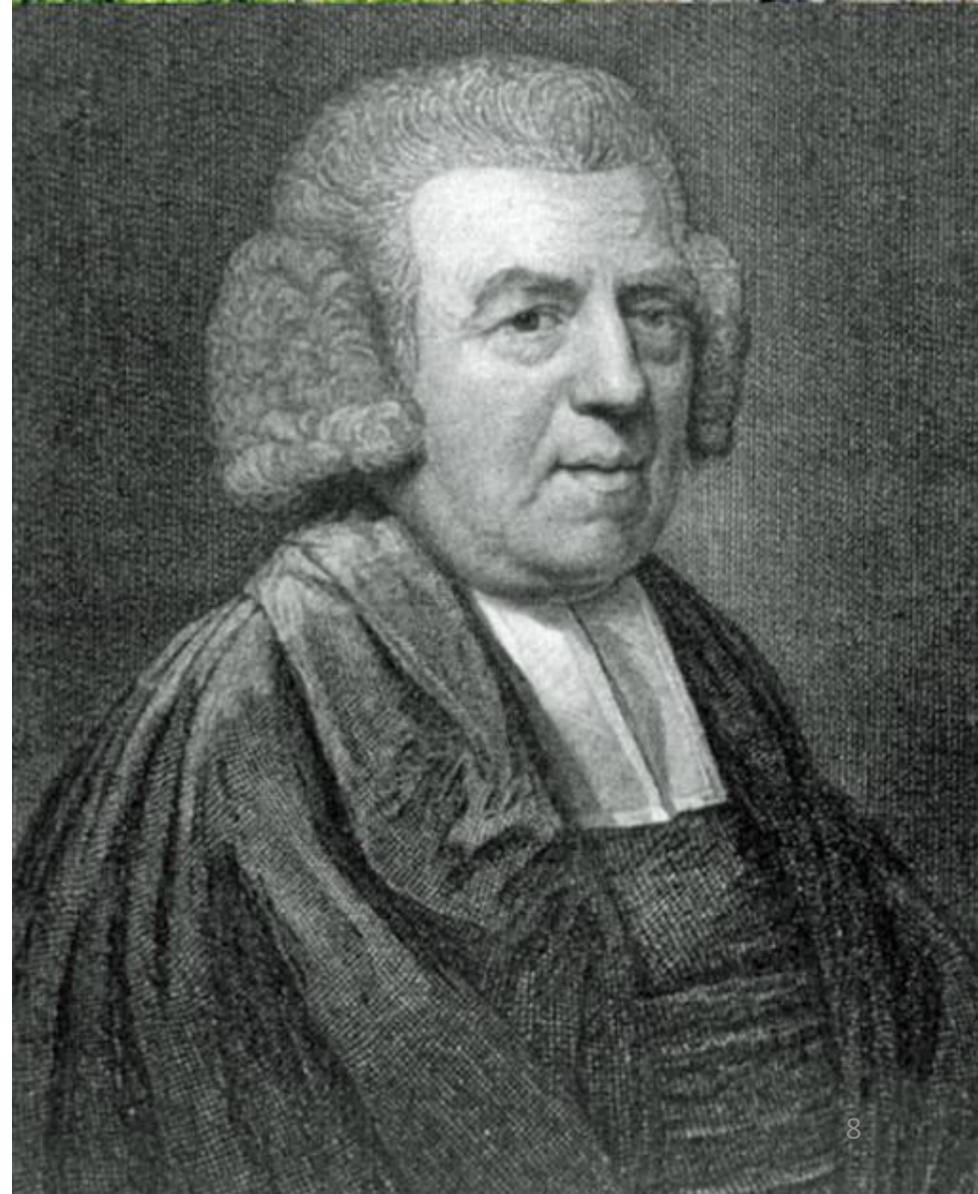


Examples of Guilt

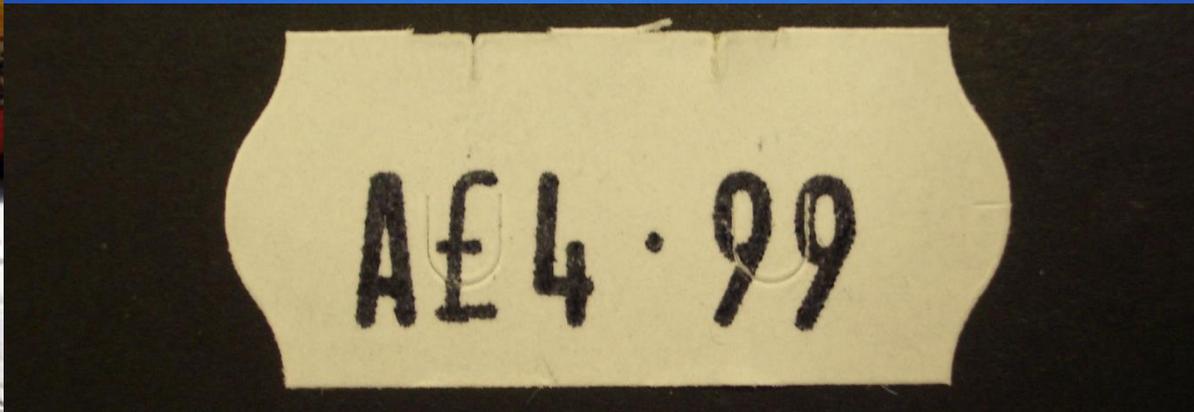
John Newton

(24 Jul 1725 – 21 Dec 1807)

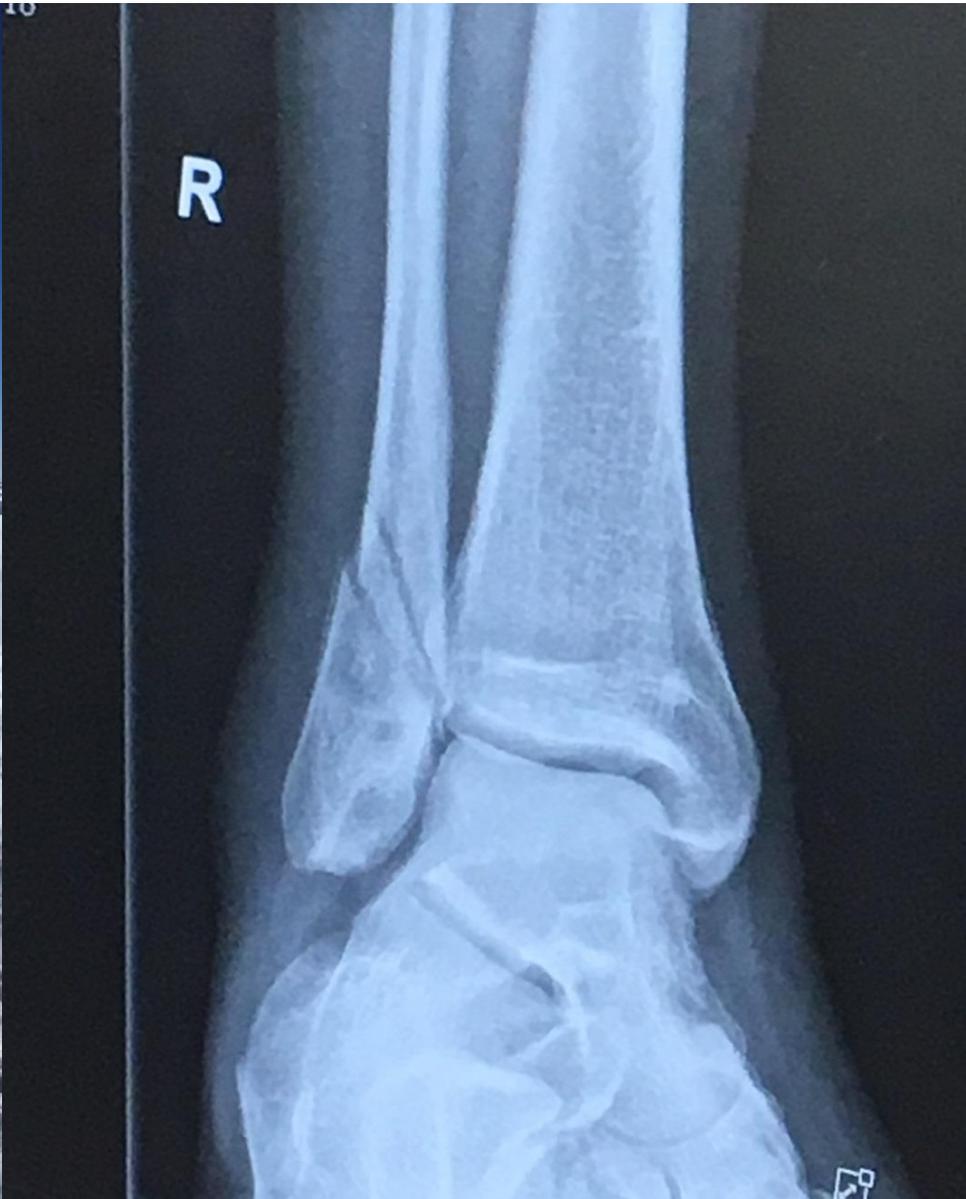
- Born in London to a Puritan mother who died two weeks before his seventh birthday
- Taken to sea by his stern sea-captain father at the age of 11
- Forced into the Royal Navy
- Transferred onto a slave ship and decided to try and make his fortune off the coast of Guinea trading slaves



James Whitehouse - Guilty



James Whitehouse - Guilty



Examples of Guilt

What about YOU?

Condemnation – shouts you are a failure
Conviction – leads us to repentance and shouts
“The blood of Jesus washes away your sins”

How do we Detect Guilt?

- Various types of guilt
- For something we did
 - Harmed others
 - Violated our standards:
 - Cheating
 - Lying
 - Stealing...
 - Our behaviour in repeating something we said we would never do again:
 - Addictions

How do we Detect Guilt?

- For something we didn't do but wanted to
 - Unhelpful inner thoughts
 - Unbelief
- For something we thought we did
 - Irrational thoughts that are not the truth
 - For what others may have done to us
- That we didn't do enough
 - An ill family member/friend
- That we're doing better than someone else
 - Survivor guilt

How do we Deal with Guilt?

Negatively

- Dismiss
 - Blame others
 - Make excuses
- Disguise
 - OCD, depression, self-hatred, anxiety, depression
- Deny
 - Not recognise guilt and that wrong was done
- Detain (it traps us)
 - Fear of facing any consequences
 - Fear of moving out from our place of safety and security we have created

How do we Deal with Guilt?

Positively

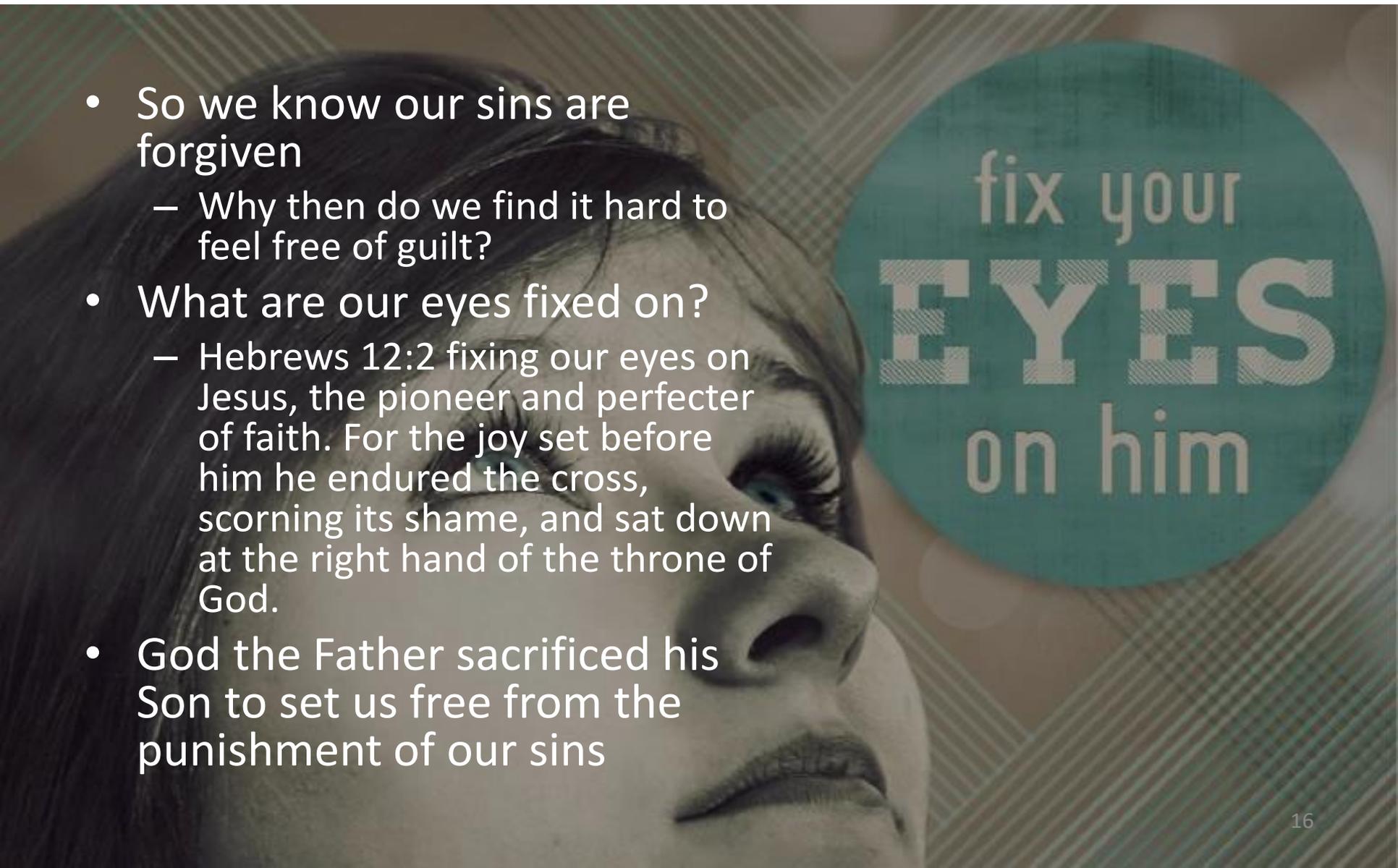
- Confess - admit we have done something wrong
 - 1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness
- Repent - review our actions, feel regret and commit to Godly change
 - Jeremiah 17:9 the heart is deceitful above all things and beyond cure. Who can understand it?
- Believe - in the truth of God's forgiveness
 - 1 Peter 2:24 "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."

guilt



How do we Deal with Guilt?

- So we know our sins are forgiven
 - Why then do we find it hard to feel free of guilt?
- What are our eyes fixed on?
 - Hebrews 12:2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.
- God the Father sacrificed his Son to set us free from the punishment of our sins



fix your
EYES
on him

Free of Guilt - Legally

Old Testament

(old covenant/contract)

- God's chosen people sacrificed animals to atone for their sins
- God required payment in blood for breaking his laws
 - Leviticus 17:11 For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life



Free of Guilt - Legally



New Testament

(new covenant/contract)

- Jesus served as the Lamb of God, a spotless sacrifice for human sin past, present, and future
 - Hebrews 10:11 And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all
- Only by accepting Christ as Saviour, we become free from the punishment for sin

Free of Guilt - Emotionally

- We struggle to let go of past sin and shame
- God's forgiveness seems too good to be true
- God is not like us!
 - Psalm 101:12 He has removed our sins as far from us as the east is from the west
- Once we have confessed our sins to God and repented, or "turned away" from them, we can rest assured God has forgiven us. We have nothing to feel guilty about. It's time to move on.
- Feelings are not facts. Just because we still feel guilty does not mean we are. We have to take God at his word when he says we are forgiven.



Free of Guilt Now and Forever

The Holy Spirit:

- Lives inside every believer
- Convicts us of our sins
- Instils a healthy sense of guilt in us leading us to:
 - Confess
 - Repent
 - Believe that God has forgiven us immediately and fully. Our guilt over forgiven sins is gone
- Helps and comforters us
- Guides us as we read the Bible
- Reveals God's Word to us so we can grasp the truth
- Strengthens us against attacks
- Builds an intimate relationship with Jesus so we trust him fully with our life

How others Dealt with it

Biblical

- Judas harmed himself to the point of death
 - Matthew 27:3-5 When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. “I have sinned,” he said, “for I have betrayed innocent blood.” “What is that to us?” they replied. “That’s your responsibility.” So Judas threw the money into the temple and left. Then he went away and hanged himself.
- Peter broke down and wept and Jesus restored him
 - Mark 14: 72 and John 21:15-25
- Saul had a revelation on the road to Damascus and a short time after began to proclaim Jesus
 - Acts 9:1-31
- David acknowledged his sin and sought forgiveness
 - 2 Sam 12

How others Dealt with it

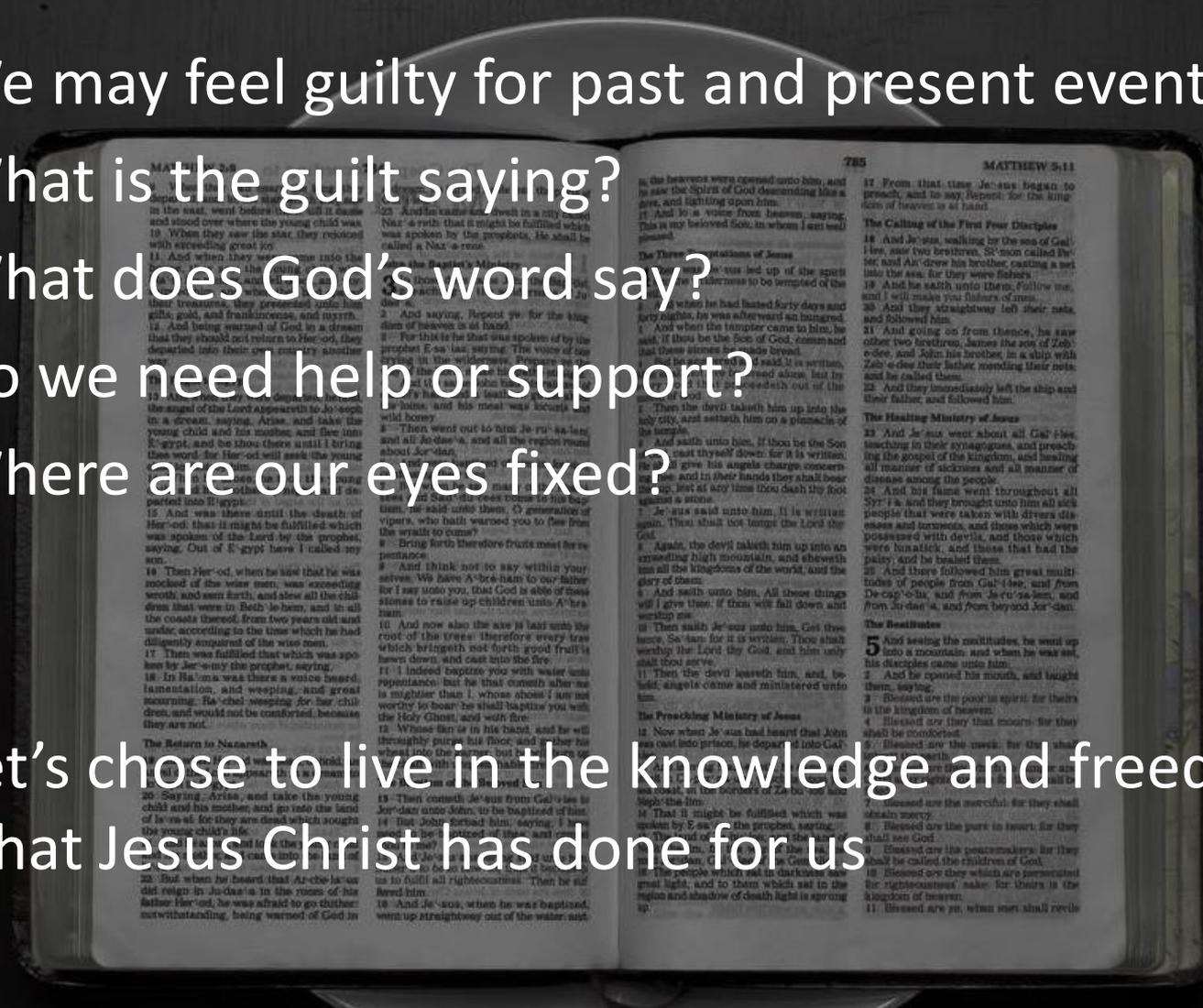
- John Newton
 - Ordained in 1764 (age 39) and appointed curate in Olney, London
 - Gained a reputation as a preacher and hymn writer
 - Wrote 280 hymns to accompany his services. He wrote the words for “Amazing Grace” in 1772
 - Appointed vicar of St Mary’s Woolnoth, in London
 - In 1788 he published a pamphlet called ‘Thoughts Upon the African Slave Trade’ beginning with an apology for his part in the trade
 - He testified before the Privy Council and at parliamentary hearings on slavery
 - He died at the end of 1807, nine months after parliament had voted to abolish the slave trade in the British empire
- James Whitehouse
 - confessed, repented, paid the fine and believed in God’s forgiveness... and hopefully matured a little!
- You
 - ???

Practical Steps

- Do we need to confess, repent and believe?
- Do we need help and support to get going again from the right people?
 - Small group
 - Church family
 - Councillor
 - Marriage course etc.
- Will journaling help?
- Do we know what God's word says and what Jesus Christ has done for us?

It's a new week!

- We may feel guilty for past and present events
- What is the guilt saying?
- What does God's word say?
- Do we need help or support?
- Where are our eyes fixed?
- Let's chose to live in the knowledge and freedom of what Jesus Christ has done for us



John 8:36 So if the Son sets you free, you will be free indeed

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery

