

### **Introductory Points**

1. Look at *'The Guilt Book'* by Will van der Hart and Rob Waller (ivp 2014). Especially good on distinction between true guilt and false guilt. Satan latches onto false guilt.
2. Guilt can overwhelm a person's life, until it is dealt with. Psalm 38:4 and Psalm 51. Our own experience tells us that guilt can rob us of life, until it is dealt with.
3. We see in the scriptures that guilt *can* be dealt with. Isaiah 6:7 and Hebrews 10:22.

### **1. The Purpose of Guilt**

Guilt draws our attention to the fact that we have sinned and fallen short of the glory of God in a specific action or omission and have transgressed God's moral law. It is like an alarm in a pilot's cockpit or the bleep on a heart monitor.

So, is part of God's good gift to us.

Guilt is linked to our conscience, which we need to keep aligned to the teaching of God's Word (Romans 12:2) and sensitive to the promptings of His Holy Spirit (John 16:8).

### **2. The Antidote to Guilt**

Jesus deals with the problem of our sin and guilt on the cross, by dying for us and in our place. From the cross comes forgiveness to those who come to Christ in repentance and faith. Our forgiveness is free, complete and forever, removing all possibility of condemnation (Romans 8:1). So when the alarm bell of guilt sounds we know what to do. We go to the cross, repent and receive an assurance of forgiveness and the strength to live differently. The antidote to guilt is the gospel!

### **3. Guilt and the Church**

Hart and Waller : "at times the church has compounded the problem of true guilt with emphases that fuel the conditions within which false guilt can thrive"

- let's be sure that we extend grace to one another when we fail
- let's make sure that we give no impression that there is a hierarchy amongst us that makes the weak and the new and the learning feel somehow that they haven't quite made it yet
- let's be sure that while we preach a gospel of grace we don't live a gospel of works
- and let's be sure that in all our right determination to uphold that which we believe to be true, we don't slip into legalism and pharisaism

Keep an eye on our corporate culture, so that we don't generate guilt in the very place where grace should abound.

### **Conclusion**

Hymn 'There is a fountain filled with blood'

Video [www.youtube.com/watch?v=qH5u7UuzDyc](http://www.youtube.com/watch?v=qH5u7UuzDyc)