

Getting Rid Of Your Guilt - #3

Psalm 51

Review

* **Rising Above Life's Toughest Problems**

* **Why God allows problems:**

- To direct us,
- To inspect us,
- To correct us,
- To perfect us

* **Wiping Out Worry**

1. Why We Shouldn't Worry

- a. Worry causes us to lose perspective
- b. Worry causes us to forget our worth
- c. Worry robs us of strength

* 2. How To Wipe Out Worry

- a. Examine our priorities

Mt 6:33 *"But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

- b. Live in the present

Mt 6:34 *Therefore do not worry about tomorrow, for tomorrow will worry about itself.*

- c. Pray about our problems

Php 4:6,7 *"Do not be anxious (worry) about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

* Today we want to look at how we can GET RID OF GUILT.

One way of course is if you do something long enough, you no longer feel guilty.

Does that really work? Ex: Nancy not hired because she was "too good."

All have done things we regret - we'd like to call for a "re-do" (mulligan) feel guilt - dealing is difficult

Christians often carry heavy burden of guilt - it's unnecessary

A man in O.T. carried a heavy burden of guilt - King David - great man, gifted

- prolific writer (wrote most famous words Ps 23; - great warrior; - wealthy; - feared by nations

- at height of his career he had a moral failure - sinned with Bathsheba

- tried to solve the problem by having her husband, Uriah, killed in battle.

* Ps 38:4 *My guilt has overwhelmed me like a burden too heavy to bear.*

When we are cut, we bleed; when we sin, we feel guilt - warning something is wrong - needs attention

God's doesn't want guilt to rob us of our happiness or our blessings

Ps 32:1 *Blessed is he whose **transgressions** are forgiven, whose sins are covered.* "Blessed" = "happy"

Six things we must do to get rid of guilt (Psalm 51)

* **1. Accept God's Love** David did some terrible things - adultery, murder & deception on national scale

David knew God still loved him - * Ps 51:1 *Have mercy on me, O God, according to your unfailing love*

Sin never so bad that God stops loving us - Unconditional

* *Jer 31:3 "I have loved you with an everlasting love."*

When we sin, Satan tries to convince us that God doesn't love us - how could He?

After all, God can't look on sin.

* Truth - Our Forgiveness is not based on how bad we have been, but on God's love.

* **2. Assume Responsibility** - David knows he must assume responsibility for his sin.

* *Ps. 51:2-3 Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me.* * 7 X - David is taking full responsibility - not playing the blame game.

Our culture - no responsibility: sinful=sick (some kind of syndrome), wicked=weak, evil=ill

Blame others - "be-lame" - we will always be spiritually and emotionally lame if we blame others

David asks God to *wash and cleanse* -

King- bathes in marble tubs, silk sheets, royal robes - felt dirty - it was his soul that needed cleansing

To know if you're walking with the Lord - ask: "Do I feel dirty when I sin?"

1Co 6:19 Do you not know that your body is a temple of the Holy Spirit,

Often 2 voices: H.S. and Enemy

- Enemy "Your sin is so bad God doesn't love you anymore and He can't use you."

H.S. - *Joh 16:8 When he comes, he will convict the world of guilt in regard to sin.* - The H.S. wants us to assume responsibility Conviction of the H.S. is to assume responsibility.

(Enemy condemns/accuses)

* **3. Admit our sin is against God**

Sin is always primarily against God and His holiness - Creator vs. created

* *Ps. 51:4 Against you, you only, have I sinned and done what is evil in your sight.*

David knew what he did was wrong

Against Bathsheba - led her into sin, made her a widow, deceived her into marrying her husband's murderer.

Uriah - he robbed him of his wife, he robbed him of his life.

All sin (gossip to murder) ultimately is against God; violates God's law & shows our lack of love for Him

* *Joh 14:15 "If you love me, you will obey what I command."*

Every sin is rebellion against God's law and God's love.

* **4. Ask God for Cleansing**

Not enough to admit sin - must ask for cleansing

* *Ps. 51:7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.*

Meaning of "Hyssop"

"Law of first mention." - to understand something, go to first place mentioned

Hyssop - 1st Passover, take blood of lamb w/out blemish, put in basin.

Ex 12:22 Take a bunch of hyssop, dip it into the blood in the basin and put some of the blood on the top and on both sides of the doorframe.

The angel of death passed over those homes.

David understood - cleanse me with blood of innocent lamb

Jesus hadn't died yet, so David trusted in the blood of a spotless lamb.

But we can trust in the sacrifice of Christ on the cross because of promise in 1 Jn.

1 Jn 1:7 The blood of Jesus Christ His Son cleanses us from all sin.

“Cleanses” - to make clean from impurity or blemish.

1Jo 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Some? Most? Part? ALL! (Abortion? Adultery? Murder? Every sin!? YES!)

Jer 31:34 "For I will forgive their iniquity, and their sin I will remember no more."

More than just forgive! - why do we remember? Satan keeps bringing it back up. (Not God)

God really forgives and wipes out our sin record in heaven.

God literally makes it as if it had never happened.

What happens to guilt? Ex. - speeding 9/10 miles over; pass cop; look in rear view mirror - guilt

Drive past cop going speed limit - no guilt (we haven't done anything wrong)

Our guilt is gone

But we first need to

- Accept God's love
- Assume responsibility
- Admit our sin is against God
- Ask God for cleansing

All done? Don't feel guilt; just start all over?

*** 5. Appeal To God For Renewal**

** Ps 51:8 Let me hear joy and gladness; let the bones you have crushed rejoice.*

David is asking God to let him hear joy and gladness again & to let his crushed bones rejoice again

He is asking God to help him forgive himself - often the hardest step of all

We can't change past, only the future - focus on what we can change

Isa 43:18 "Do not remember the former things, Nor consider the things of old."

Don't focus on past failures, but what we can be with God's help.

God can bring that renewal.

*** 6. Avoid Future Sin**

** Ps. 51:12b "Grant me a willing spirit, to sustain me. "*

David asking to learn from past mistakes & avoid future sin.

To avoid future sin we must remember the pain and unhappiness caused by past sin

Remembering pain of sin and feeling guilty about our sin are very different

One's constructive, the other is destructive

Ps 112:1 "Blessed is the man who fears the LORD, Who delights greatly in His commandments. "

"Blessed" = "happy" - True happiness is found in avoiding sin

Sin always robs us of happiness and burdens us with guilt

Getting rid of guilt requires that we:

1. Accept God's love
2. Assume responsibility
3. Admit our sin is against God
4. Ask God for cleansing
5. Appeal to God for renewal
6. Avoid future sin

James 1:22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

Rom. 8:37 "We are more than conquerors through Him who loved us."