

HOW GOD HEALS US OF OUR GUILT AND SHAME

Foundations of Healing #12

Pastor Dennis Clanton

Woodland Church

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1. My fallen nature tempts me to commit sin.

“Lead me not into temptation; I can find the way myself.” -*Rita Mae Brown*

2. My guilt serves a useful purpose.

“In all the laments and reproaches made by our seers and prophets, one misses any mention of sin. A word which used to be a veritable watchword of prophets. It was a word once in everyone's mind, but now rarely if ever heard. Does that mean that sin no longer is involved in all our troubles -- sin with an "I" in the middle? (sIn) Is no one any longer guilty of anything?”
Karel Menninger, Whatever Became of Sin, p 13

“*The wicked know no shame.*” (Zephaniah 3:5, NLT)

“*You are so proud of yourselves, but you should be mourning in sorrow and shame.*” (1 Corinthians 5:2, NLT)

3. Godly shame restores; worldly shame destroys.

“*Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?*” (Romans 7:24, NLT)

Godly Shame...

A. Arises out of knowledge of God's commands, mercy, and grace.

“*So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*” (Hebrews 4:16, NLT)

“For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.”
(2 Corinthians 5:21, NLT)

B. Evaluates with a mind transformed by the Good News of Christ.

“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” (Romans 12:1–2, NLT)

C. Chastises egocentric lifestyles.

“If one suffers, everyone suffers. If one is honored, everyone rejoices.”
(1 Corinthians 12:26b, PT)

D. Produces transformation, righteousness, and peace.

“All discipline seems to be more pain than pleasure at the time, yet later it will produce a transformation of character, bringing a harvest of righteousness and peace to those who yield to it.” (Hebrews 12:11, PT)

GROWTHWORK

1. Know and confess my sin.

“We can only know God well when we know our own sin. And those who have known God without knowing their wretchedness have not glorified Him but have glorified themselves.” -Blaise Pascal

“Put me on trial, LORD, and cross-examine me. Test my motives and my heart.”
(Psalm 26:2, NLT)

2. Do not stagger under the weight of my sin.

“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.” (1 John 1:9, NLT)

3. Become a part of a trusted community.

“Share each other’s burdens, and in this way obey the law of Christ.”
(Galatians 6:2, NLT)

4. Be patient with yourself; while you learn and grow.

“First a leaf blade pushes through, then the heads of wheat are formed, and finally the grain ripens.” (Mark 4:28, NLT)

“No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.” (Philippians 3:13–14, NLT)

5. Be patient with others; they must learn and grow.

“And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.”
(Philippians 1:6, NLT)

“I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. ... Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin. So now there is no condemnation for those who belong to Christ Jesus.”
(Romans 7:19, 24–8:1, NLT)