

**“Guilt”**  
***All the Feels: When Emotions Get the Best of Us***  
**Dr. Mark Foster**  
**Romans 8:1-6**  
**August 9, 2020**

**Last Week:** What God cares about is not our religiosity, but our \_\_\_\_\_.  
What we say and do \_\_\_\_\_ our heart.  
Shaking or tipping a glass does not \_\_\_\_\_ what comes out.  
What determines what is in a glass is not what happens \_\_\_\_\_ the glass, but what is put into it.  
The best way to be at odds with God is to \_\_\_\_\_ people God loves.

**This Week: Guilt**

*“Guilt is good. Guilt helps us stay on track because it’s about our behavior. It occurs when we compare something we’ve done – or failed to do – with our personal values.” – Dr. Brené Brown*

Guilt is good when it leads to \_\_\_\_\_.  
Guilt is \_\_\_\_\_ when it lingers and leads to shame or anger.  
Guilt says, “I \_\_\_\_\_ a mistake.” Shame says, “I \_\_\_\_\_ a mistake.”  
Guilt is to the \_\_\_\_\_ what pain is to the body.

**Three Kinds of Guilt**

\_\_\_\_\_ Guilt: Owning situations and feelings that you did not create or are not responsible for.  
\_\_\_\_\_ Guilt: Yes, I did it.  
\_\_\_\_\_ or Suppressed Guilt: Empowers the emotion and has unintended consequences.

**The Problem with Guilt:** It creates a debt/debtor relationship.

When you do something wrong to another person, you \_\_\_\_\_ something from them.  
We say, “I \_\_\_\_\_ you an apology” or “I don’t know how I can \_\_\_\_\_ to them.”  
We don’t experience guilt as debt. We experience guilt as \_\_\_\_\_.  
There is no way to \_\_\_\_\_ the past.

**Good News:** You don’t have to spend this season of your life \_\_\_\_\_ your past.

There is a place and a space where your past is neither \_\_\_\_\_ nor condemning.  
Jesus has set you \_\_\_\_\_.  
God has \_\_\_\_\_ what we could not.  
It is not \_\_\_\_\_, and it is not condemnation.  
Jesus says, “Yes, you did \_\_\_\_\_ I love you anyway!”  
“No condemnation” includes: Divine-condemnation, self-condemnation, \_\_\_\_\_ condemnation.

**Action Steps:** 1. Stop condemning yourself because you no longer \_\_\_\_\_ to yourself.

2. Stop condemning \_\_\_\_\_ because that would make you a hypocrite.

*“The more judgmental you are, the less aware you are of your own sin.” - Andy Stanley*

3. Make \_\_\_\_\_ wherever possible except where it would injure them or other

## Daily Reading & Reflection

### August 9-15, 2020

**Monday – Genesis 33:** *“Jacob said, “No, please; if I find favor with you, then accept my present from my hand; for truly to see your face is like seeing the face of God – since you have received me with such favor.” – Gen. 33:10*

Yesterday, Pastor Mark helped us remember that guilt is good when it leads us to take action. In today’s reading, we find Jacob, the younger brother of Esau, seeking reconciliation with his brother. You’ll remember that Jacob stole Esau’s birthright with a bowl of soup, tricking their blind father, Isaac. Jacob had every reason to be scared and skeptical of Esau. His behavior compromised the cultural values that he held as a descendant of Abraham. However, rather than allowing his guilt to consume him and change into shame, Jacob takes action and presents his brother with a gift of blessing. Guilt leads to action.

**Think back over the last week. Did you do something which compromised your personal values? If so, what happened next? How did that make you feel?**

**Tuesday – Psalm 51:** *“Hide your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me.” – Ps. 51:9-10*

Eating a bowl of pasta and homemade Sunday gravy usually ends up with specks of tomato, garlic, and oregano on an otherwise clean shirt. We can take our napkins and try and erase the mess, we may get a wet towel and try to wash away the stain, but at the end of the day, it takes something stronger to get the shirt back to its original condition. It’s not too dissimilar from the guilt we experience when we sin. Justification in Christ is far more than “blotting” out our wrongdoings and returning us to some sort of spiritual neutrality. The grace of God transforms us and the spirit of God within us shapes us so that we look more and more like Jesus.

**Take today’s verse and pray it as a confession each day this week.**

**Wednesday – John 3:** *“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.” – Jn. 3:17*

Many of us struggle with things that happened in our past. Whether it was our own words or actions, or the behavior of others, we frequently allow our past to define our present and even our future. In John’s Gospel, we are reminded that this is a false narrative. Our pasts are clearly a part of who we are as children of God, but our identity and reality are rooted in the good news that Christ came into the world to redefine our lives as a saved people.

**What does your story look like if you stay rooted in your past? How do you feel about your future knowing that you have been offered salvation through Christ?**

**Thursday – Romans 8:** *“For the law of the Spirit of life in Christ has set you free from the law of sin and of death.” – Rom. 8:2*

At the start of each worship service, we acknowledge that we are both saints and sinners. One of the reasons we do this is because it reminds us that we need God’s love and grace. We aren’t capable of living as God intends without God’s help. This is such good news! As Pastor Mark said on Sunday, when we sin and fall short, Jesus says to us, “Yes, you did AND I love you anyway!” The Christian life is one of progress, and progress doesn’t happen without moments or seasons of regression. To grow as disciples of Jesus Christ means that we strive towards Christian perfection while also healthily recognizing that we’ll probably slip up along the way, and when we do, our identity and journey will not be invalidated.

**Reflect on the last couple of months. Where have you seen growth in your journey of faith? Give thanks to God for the work of the Holy Spirit, and pray for mindfulness to recognize the areas in your life where you need God’s help.**

**Friday – Psalm 103:** *“He does not deal with us according to our sins, nor repay us according to our iniquities. For as the heavens are high above the earth, so great is his steadfast love towards those who fear him” – Ps. 103:10-11*

We had three action steps this week: (1) Don’t condemn yourselves, (2) Don’t condemn others, (3) Make amends wherever possible. We don’t condemn ourselves because we no longer belong to ourselves; we belong to God, and the Psalmist affirms how God deals with us. We don’t condemn others because that would make us hypocrites. Why would we treat others in a way God does not treat them? When we mess up – when we condemn ourselves and others – when others are wronged by our words and actions, we seek reconciliation and healing. God’s love for us knows no bounds, and therefore our willingness to confess and seek forgiveness must know no bounds, either.

**So how did you do this week? Hear this good news: next week is another week, and another opportunity for you to grow in God’s grace.**