

# REMOVE GUILT

Sunday, May 19, 2019  
AM Worship Service  
Pastor Brent D Armstrong

**Text Passage:** Psalm 32:1-2

🕒 I John 4:18

Fear always contains some of the  
torture of feeling guilty.

Fears caused by guilt:

- The fear that I'll be found out
- The fear that I'll be rejected by others
- The fear that someone will retaliate for what I've done
- The fear that God is going to judge me

**QUESTION #1: WHAT DO I \_\_\_\_\_ DO WITH MY GUILT?**

- We \_\_\_\_\_ it.

**Minimize it - *It's no big deal!***

\_\_\_\_\_ is a way of burying your guilt  
but it does not work.

**Rationalize it - *Everybody's done it!***

“Rationalize” means *rational lies; telling myself in my mind what I know is **not** true in my heart.* It's a battle between your mind and your heart, and you are trying to convince yourself it's OK.

⌚ **Proverbs 28:13**

**Reason with it – We all have reasons to be guilty.**

⌚ **Psalm 32:3-5**

- We \_\_\_\_\_ others.

⌚ **Genesis 3:12**

We use blame to \_\_\_\_\_ out our guilt.

⌚ **Proverbs 19:3**

- We \_\_\_\_\_ ourself.

Guilt has an amazing way of causing us to take payment out on ourselves.

⌚ **Psalm 38:1-6**

The problem with beating-up yourself is your conscience does not ever know when to \_\_\_\_\_.

You have a \_\_\_\_\_ shame that you have held in your heart.

**QUESTION #2: WHAT \_\_\_\_\_ I DO WITH MY GUILT?**

1. I \_\_\_\_\_ it.

⌚ **Proverbs 20:27; I John 1:9**

If you want to stop \_\_\_\_\_ yourself; you have got to first stop \_\_\_\_\_ yourself.

- Get by yourself and get a pencil and paper. Ask God to bring to mind everything you feel guilty about.
- Write it down.

① **Lamentations 3:40**

2. Accept \_\_\_\_\_ for it.

Fear and guilt prevent \_\_\_\_\_.

Fear and guilt create \_\_\_\_\_.

I'm only as sick as my \_\_\_\_\_.

3. Ask God to \_\_\_\_\_ it.

Asking God for forgiveness:

Wrong:

You do not have to \_\_\_\_\_ God to forgive you

You do not have to \_\_\_\_\_ with God.

You do not have to \_\_\_\_\_ God.

Right:

You just \_\_\_\_\_.

① **Romans 3:23-24**

The most basic truth of Christianity:  
**Jesus Christ paid for my sins on the cross.**

① **II Corinthians 5:17**

God does not make you feel guilty over things  
you have already confessed.  
Satan is the accuser of the brethren.

**QUESTION #3: WHAT DOES \_\_\_\_\_ WANT ME TO DO WITH MY GUILT?**

1. God forgives \_\_\_\_\_.

⌚ **Isaiah 55:7**

2. God forgives me \_\_\_\_\_.

⌚ **Colossians 2:13-14**

Jesus Christ was nailed to the cross so you can quit nailing yourself to the cross.

3. God forgives me \_\_\_\_\_.

4. God forgives me \_\_\_\_\_.

⌚ **Ephesians 1:7**

As a human being, our greatest single need is \_\_\_\_\_ . Because God sent Jesus Christ to die on the cross, His greatest gift to you is forgiveness.

**CONCLUSION: Psalm 32:1-2**

- 1 Blessed is he whose transgression is forgiven, whose sin is covered.*
- 2 Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile.*



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