

GETTING PAST GUILT

GUILT

- The remorse caused by feeling responsible for some offense
 1. Can stay with you for years - and trouble you
 2. Forgiveness is the cure
 3. Paul was a man who came to understand forgiveness (**Acts 23:1 NKJ**)

TWO GUILTY MEN

- Judas (**Matthew 27:1-5 NKJ**)
 1. Betrayed Jesus for money
 2. Acknowledged his sin and tried to bring back the money
 3. He went and hanged himself
- Peter (**Matthew 26:69-75 NKJ**)
 1. Denied even knowing or being identified with Jesus
 2. Peter had also compared himself to the other disciples
 3. Also felt remorseful and wept bitterly
 4. But he stayed around and gave himself the opportunity to be forgiven
- The message of Jesus is a message of forgiveness (**Acts 10:43 NASB**)
 1. Jesus died to take away the sins of the world

GETTING PAST GUILT

- Allow the Lord to forgive you - two areas
 1. The first area: sins committed before coming to Christ
 2. The second area: sins committed after becoming a believer (**1 John 1:9 NKJ**)
- Don't allow guilt to hang you
 1. Figuratively speaking: some have stopped any spiritual development
 2. Believe that God's compassion and mercy is greater (**Lamentations 3:22-23 NKJ**)
- Forgive yourself
 1. Know that you can't control what others do
 2. You can't undo the past
 3. Don't hold onto anger at yourself (**Ephesians 4:26 NKJV**)