**GUILT AND GRACE**

**Good News About Grace - Part 4**

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***"The person who keeps every law of God but makes one little slip is just as guilty as the person who has broken every law there is." James 2:10 (TLB)***

**I. WHAT IS GUILT?**

*"My guilt has overwhelmed me like a burden too heavy to bear."* Psa. 38:4 (NIV)

Guilt is **A Warning Light**

There are two kinds of guilt

\* **Genuine** Guilt

\* **False** Guilt

*"You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish."* Gal. 3:3

How do I tell the difference? Is the focus on ...

People or God?

Vague or Specific?

Rules or Relationship?

**II. OUR WAYS OF HANDLING GUILT**

*"... they sewed fig leaves together and made something to cover themselves...they hid from the Lord God... `I was afraid because I was naked'... `she gave me fruit from the tree, so I ate it.'"* Gen. 3:7-12 (NCV)

**Shame** **Hiding** **Blame**

**III. GOD'S WAY OF HANDLING GUILT: Grace**

*"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

1. Confess **Your Sins**

\* Tell **God “I Left You Out”**

*"God, You know what I have done wrong. I cannot hide my guilt from You."* Psa. 69:5 (NCV)

\* Trust **God’s Character**

*"Let us come near to God with a sincere heat and a sure faith, because we have been made free from a guilty conscience."* Heb. 10:22 (NCV)

\* Accept **God’s Forgiveness**

*"People who believe in God's Son are not judged guilty."* John 3:18 (NCV)

*"I finally admitted all my sins to You and stopped trying to hide them. I said to myself, `I will confess them to the Lord.' And You forgave me! All my guilt is gone."* Psa. 32:5 (TLB)