

THE BURDEN OF GUILT

(Handling the Crisis of Life)

The Burden of Guilt

- Roy Baumeister, a psychologist at Case Western University in Cleveland studies guilt in 1991. He found that the average person spends approximately two hours a day feeling guilty. And for 39 minutes of that time, people feel moderate to severe guilt that may greatly limit their abilities.
- Two types of guilt have been identified:
 - Objective guilt – this occurs when a law has been broken and the lawbreaker is guilty even though he or she may not feel guilty.
 - Subjective guilt – this refers the inner feelings of remorse and self-condemnation that come because of our actions.

(Christian Counseling, Gary Collins, page 135)

- This discussion will focus on Theological guilt. (Guilt one feels from breaking God's law, also known as the guilt of sin)

I The Sin Offering

- A This offering was present for the intentional and unintentional sins for which there was no possible restitution. (Leviticus 4:5-13; 6:24-30)
- B The offering was to be accompanied by repentance.

II Does the Bible Describe the Guilt of Sin?

- A "There is none righteous, no, not one." (Romans 3:10)
- B "For whoever shall keep the whole law, and yet, stumble in one point, he is guilty of all. (James 2:10)
- C Everyone has transgressed the law of God. (Romans 3:23)
- D See 1 John 3:4

III Bible Examples of Guilt

- A Adam and Eve (Genesis 3:6-13)
- B Cain (Genesis 4:9-15)
- C Joseph's brothers (Genesis 42:21-23)
- D David (Psalm 51)

IV The Remission of Sins

- A What is remission of sins?
- B Remission is the release of sin. (Hebrews 8:17; 9:22; 10:17; Acts 2:38)
- C The blood of Christ was shed for the remission of sins. (Matthew 26:28)
- D Christ took away your sin. (John 1:29; Romans 11:26,27)
- E 1 Peter 3:18

V Living with No Condemnation

- A Romans 8:1-8
- B You must be in Christ. (Galatians 3:27)
- C Use your past as a jumping point. (Philippians 3:7)
- D Live faithful (Revelation 2:10)