

Review: Damaging emotions that can control us...

Matthew 15:19-20 (NLT) ¹⁹For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander. ²⁰These are what defile you. Eating with unwashed hands will never defile you."

- Biblically, the heart is the seat of the will, intellect, emotions, and appetites.

Proverbs 4:23 (NLT) Guard your heart above all else, for it determines the course of your life

1. DISTINGUISHING BETWEEN GUILT AND SHAME:

- Guilt can be the state of being guilty of some offense or sin. "The jury will determine a person's guilt."
- Guilt is also the emotion we feel when we know we've done something wrong. "I am so bummed over the mess I have caused!" That's guilt.
- Guilt is designed to move us toward God. When we sin, guilt motivates us to turn to the One who can forgive us.

NOTICE KING DAVID'S RESPONSE TO HIS SIN:

Psalm 51:4 (NIV) Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.

DAVID WANTED TO BE FREE FROM BOTH *GUILT* AND *SHAME*.

Psalm 51:7 (NIV) Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Shame: An unpleasant self-conscious emotion typically associated with a negative evaluation of self, withdrawal, and feelings of distress, exposure, mistrust, powerlessness, and worthlessness.

- Shame says because I did "X," that means I am worthless. Whereas guilt may be merited, shame goes a step further and can become an extremely damaging emotion.

2. THE _____ CAUSES:

- Being ashamed of our sin is good. Allowing shame to lead to the lie that "we are worthless" makes us vulnerable to:
 - o the condemning accusations of Satan
 - o the condemning accusations of others
- Under condemnation, we seek to escape, hiding from anyone we fear will point out our wrong doing.
- We hide in the following ways:
 - o through addictions
 - o We hide in housework, yard work, and in the shop.
 - o We make ourselves out to be someone we're not on Facebook/social media.
 - o We do almost anything to escape the voice that we are no good.
- Shame unabated can lead to relational and spiritual death.

3. WALKING _____ FROM GUILT AND SHAME:

- The only way to be free from guilt and shame is to walk in the light, finding forgiveness and leaving those damaging emotions at the Cross.

1 John 1:9 (NIV) If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

- Confession and repentance are the antidote to guilt—we receive forgiveness.
- Humility and faith are the antidote to shame—“I come in humility, trusting your forgiveness.”
- Jesus pronounces us guiltless and promises that His grace will be sufficient for us in all our weaknesses.

Romans 8:1-2 (NIV) ¹Therefore, there is now no condemnation for those who are in Christ Jesus, ²because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

PRACTICAL STEPS:

- Ask yourself why you are thinking and feeling the way you are.
- If you are guilty, repent, receive forgiveness, and go make it right with others if need be!
- What if you keep feeling shame, again? Surrender it to Jesus!

2 Corinthians 10:5 (NIV) We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- Tear down the thoughts and feelings that feed lies that masquerade as truth and give them to Jesus! Turn your emotions over to God by trusting Him—that’s faith, and faith cancels shame!
- Tell yourself the truth! Daily feed yourself on God’s Word.

Romans 8:38-39 (NIV) ³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

- Shame has no power over you because Jesus has defeated Satan.
- Put on the Armor of God. (see Ephesians 6)
- Remind yourself that your identity is in Christ Jesus alone. (see Ephesians 1)

QUESTIONS TO REFLECT AND DISCUSS:

Passages to consider: Romans 8:1-4; Proverbs 4:23; Philippians 3:12-4:1

- What stood out to you from the sermon?
 1. How did you become aware of some of the “bosses” in your life?
 2. Read Romans 8:1-4 and Proverbs 4:23 **OR** choose a passage from the sermon. Read it twice. A) What do you discover about God in this passage? A) What do you discover about people in this? B) What do you discover about what can be the boss of you?
 3. How would you explain the difference between guilt and condemnation to a grade-schooler?
 4. What has been your experience with guilt or condemnation being a boss of you? A) How do you recognize their voices and presence in your thinking?
 5. What role does confession have in your relationship with God? What helps you practice that regularly?
 6. How do you experience forgiveness? A) How do you express forgiveness in your relationships? Think about family, friends, fellow Christ-followers, neighbors, and co-workers.

Passages to prepare for next week, You’re Not the Boss of Me (Week 4) Anger: Proverbs 15:1; James 1:20; Ephesians 4:26-27,31-32

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