



My guilt overwhelms me-it is a burden too heavy to bear. Psalm 38:4 (NLT)

What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record. Psalm 32:1-2 (TLB)

IMPORTANT INFORMATION ABOUT GUILT AND FORGIVENESS

- **GUILT IS A TOOL THAT IS _____.**

The pain never let up, for your hand of conviction was heavy on my heart. My strength was sapped, my inner life dried up like a spiritual drought within my soul. Psalm 32:4 (TPT)

- **God uses my guilt to _____ and _____ me.**

- **GUILT IS A TOOL THAT IS _____ BY _____.**

So now instead you should forgive and console him, so that he may not be overwhelmed by excessive sorrow. 2 Corinthians 2:7 (NRSV)

- **Satan misuses guilt to _____ and _____ me.**

- **GOD DOESN'T WANT YOU TO _____ GUILTY.**

Where is the god who can compare with you-- wiping the slate clean of guilt, ...for mercy is your specialty. That's what you love most. Micah 7:18 MP

PERSONAL CHOICES THAT BANISH GUILT AND BRING GRACE

- 1. I CHOOSE TO _____ MY GUILT.**

- **Admitting requires me to be _____.**

There was a time when I wouldn't admit what a sinner I was. My dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day ⁵until 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. Psalm 32:3-5 (TLB)

- **Admitting requires me to be _____.**

For I admit my shameful deed... ⁴It is against you and you alone I sinned and did this terrible thing. You saw it all, and your sentence against me is just. ... ⁶You deserve honesty from the heart... Psalm 51:3, 4, 6 (TLB)

But unlike his father Manasseh, he did not humble himself before the LORD; Amon increased his guilt. 2 Chronicles 33:23 (NIV)

God resists the proud, but gives grace to the humble. James 6:6 (TEV)

- 2. I CHOOSE TO _____ TO HELP ME.**

- **I ask God to help me have a _____.**

Create in me a pure heart, God... Psalm 51:10a (NCV)

- **I ask God to help me have a right spirit.**

...and make my spirit right again. Keep me strong by giving me a willing spirit. Psalm 51:10b, 12b (NCV)

- **I ask God to help me with _____.**

The LORD says, "I will teach you the way you should go; I will instruct you and advise you. ⁹Don't be stupid like a horse or a mule, which must be controlled with a bit and bridle to make it submit." Psalm 32:8, 9 (TEV)

You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you. Proverbs 28:13 (GNB)

- 3. I CHOSE TO _____ TO HELP ME.**

A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba. Psalms 51:1 (NIV)

If you have sinned, you should tell each other what you have done. Then you can pray for one another and be healed. James 5:16 (CEV)

- 4. I CHOSE TO _____ AND _____ GOD'S FORGIVENESS.**

... be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah." ³⁷ When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?" ³⁸ Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. Acts 2:38 (NIV)

"Come now, let us argue this out," says the LORD. "No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you as white as wool." Isaiah 1:18 (NLT)