

Part 4: Stuck in Guilt and Shame

February 13 & 14, 2016

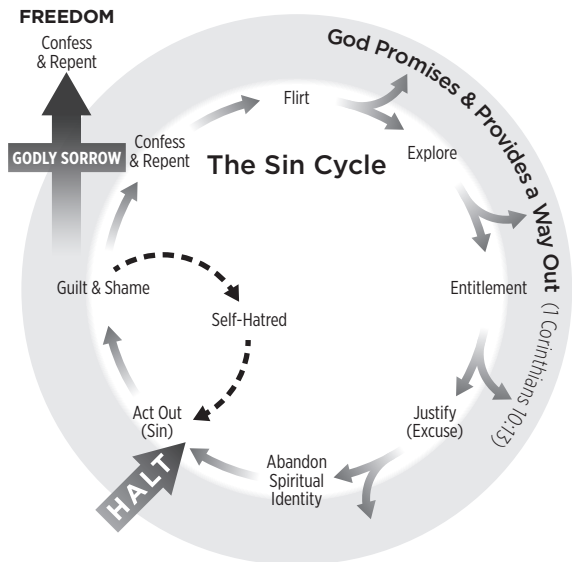
Grant Fishbook, Lead Teaching Pastor

Stuck from the Beginning (*Genesis 3:6-9*)

⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ⁷Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

⁸Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. ⁹But the Lord God called to the man, "Where are you?" ¹⁰He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

The Cycle Within the Cycle



Definitions

Guilt – I feel bad about what I did because I am guilty (*state and emotion*)

Shame – I am fundamentally flawed (*internal condemnation*)

Sorrow – Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter. – *2 Corinthians 7:10-11*

Confess – I own my wrong before God and people

Repent – changing the course of my wrong toward God

Common Sources of Guilt and Shame

Your marriage

Your parenting

Your past

Dealing With Your Past

You must acknowledge that not dealing with your past robs you of your future (*Philippians 4:13b-14*)

You have to face the truth (*1 John 1:9*)

You have to accept the truth (*1 Peter 2:24-25*)

You have to accept grace, not guilt (*1 John 2:1-2*)

Moving Forward

Our past will be Satan's greatest weapon or God's most powerful tool!

Revelation 12:10-11a

¹⁰ Then I heard a loud voice in heaven say: "Now have come the salvation and the power and the kingdom of our God, and the authority of his Messiah. For the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down. ¹¹ They triumphed over him by the blood of the Lamb and by the word of their testimony;

Romans 8:1-2

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Next Steps

Two common sources of guilt and shame are the state of our marriages and the way we are raising our kids. In both areas, we can fall into frustrating cycles. On today's program insert you'll find a few upcoming workshops and classes to help you break out of the predictable ruts in these relationships. Check out the **Premarriage and Parenting Classes** on the insert and register today to get the insight and help you need in order to find joy and freedom!

Small Group Questions

- 1) What was your favorite cartoon? Grant admitted his affinity to "Winnie the Pooh," so now it's your turn.
- 2) What does the Bible teach as the difference between guilt, shame and sorrow? Why does it matter?
- 3) Are you stuck in the past? How so? What needs to happen for you to experience freedom?
- 4) How can you use your past for good? Read Revelation 12; what is God's plan for defeating your accuser?
- 5) Read Genesis 3. Why are you hiding? How can you come out into the light?
- 6) What do you need prayer for today?