

Untangling the Heart: Guilt | Psalm 32:1-5

Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah.

The Communication of Guilt

1. True Guilt

- "As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us." (2 Corinthians 7:9)

- "Guilt, reflected in a healthy conscience, provides guardrails to help us know when we're acting against God or neighbor. Guilt, in itself, doesn't tell us that we are fundamentally unable to love; it tells us when we've failed to do so." (Groves & Smith)

2. False Guilt

The Ungodly Motivation of Guilt

1. Ignore

2. Dull

3. Compare

The Gospel and Freedom of Guilt

1. Grace Righteousness

a. Repent

b. Receive

c. Rest

- "So I always take pains to have a clear conscience toward both God and man."

(Acts 24:16)

2. Grace in Community

"The Christian needs another Christian who speaks God's word to him. He needs him again and again when he becomes uncertain and discouraged, for by himself he cannot help himself without belying the truth. He needs his brother man as a bearer and proclaimer of the divine word of salvation. He needs his brother solely because of Jesus Christ. The Christ in his own heart is weaker than the Christ in the word of his brother; his own heart is uncertain, his brother's is sure." (Dietrich Bonhoeffer)

- "Therefore let everyone who is godly offer prayer to you at a time when you may be found..." (Psalm 32:6)

Benediction | Ephesians 4:22-24

“...put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”