

The Intentional Life (Part 6)
“Intentionally Free from Guilt and Shame”
(Psalms 103:10-14)

Introduction: Jesus said – *“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” (Jn 10:10)*
But many believers are not living life to the full! The life Jesus said He came to give us. In fact, far too many believers are feeling dirty, worthless and ashamed of themselves. As a result, they feel unclean and therefore, unworthy to approach God. We may know the truth that God forgives us. But we still struggle with feelings of guilt and shame of our past. I believe we need to see three things today in order to intentionally be free from guilt and shame.

I. We must see the difference between my feelings and real facts:

First let’s define what we are wrestling with.

A. What is the difference between guilt and shame?

1. **Real guilt** is what takes place when a person realizes their failure.
2. **False guilt**, which is what Satan is known to throw at us. It’s where the sin has been repented of and forgiven, but he still wants us to feel guilty or see ourselves associated with our pasts.

B. While guilt is seeing what you've done, shame is seeing yourself as a failure because of what you've done.

If you allow yourself to meditate upon guilt, it will turn into shame.

C. What is the difference between how I see me, and God sees me?

1. I see a dirty shameful sinner –
God sees (2 Cor. 5:17)
2. I choose to dwell on my sin -
God chooses (Ps. 103:12)
3. I choose to meditate on my guilt –
God says, (Rom.8:1)

II. I must see the destructive power these feelings have over me:

God saved me to make me free, and He has made it possible for me to break out of this emotional prison!

A. Meditating on false guilt builds strongholds.

1. If we continue to think about our past failures, it will wear us down spiritually.
2. The next thing the enemy aims at is getting the picture of ourselves distorted.
3. Shame is one of those things that the Bible speaks of as an imagination that must be cast down: (2 Cor. 10:4-5)

An imagination is an image in your mind that is incorrect.

B. Shame is very destructive to our relationship with God.

The Bible tells us that the blood of Jesus was shed so that we can confidently approach an intimate relationship with our heavenly Father: (Heb 10:22; Heb 9:14; 2 Timothy 1:3; Hebrews 10:2,)

Shame and guilt are based upon deception, which is the opposite of truth.

So how are we supposed to worship God in Spirit and truth, if there are imaginations hanging around in our minds that are contrary to the truth?

John 4:24,

III. I must see how to defeat these feelings with God’s truth:

How do we defeat or overcome guilt and shame? We adjust our feelings by addressing them with the facts of God’s truth!

A. You need to stop thinking (dwelling) about your past failures.

1. You are not ignoring them?
2. You are ignoring a lie, not the sin, (*Micah 7:19*)

B. We need to stop focusing on the problem (which has been dealt with) and begin to praise God for the solution.

Here are some great verses to get you started: (*Isa. 1:18; 1 Jn 1:9; Ps. 103:12; Titus 2:14; Ephesians 1:7; Rom 8:1; Micah 7:19; Ps. 103:2-4*)

C. You need to disassociate yourself from your past!

1. Why do you think God wanted us who are in Christ to be new creations?
2. Because He did not want your past to be a part of you anymore!
(2 Cor 5:17)
 - a. **God has removed our sins from us and us from our sins** - *Psl 103:12,*
 - b. **Now that our past failures have been forgiven**, we need to leave them there, and press forward (*Phil. 3:13*),
 - c. **Not only are we supposed to forget our pasts sins and failure** (i.e.) let them go, and leave them behind us...
 - d. **We have to acknowledge, God Himself has chosen to completely forget our sins as well!** (*Heb 8:12*)

Conclusion: We have been talking about “the intentional life – living a life that will intentionally take our living to the highest level! But many believers are not living life to the full! The life Jesus said He came to give us (*Jn 10:10*). One of the biggest reasons is because they are not free from guilt and shame the way God intended them to be!

If you have not been living the full life Jesus intended you to have because you have been buried under the burden of these lies –

Starting today, ask God to free you from these lies and fill you with His truth, joy, and the fullness of life Jesus promised!