

# Ancient Solutions to Modern Problems

## *Guilt/Shame*

### What does the Bible say about Guilt?

1. Two kinds of guilt: guilt that \_\_\_\_\_ (\_\_\_\_\_ sorrow) and guilt that \_\_\_\_\_ (\_\_\_\_\_ sorrow).

### 2 Corinthians 7:10-11 (NIV)

<sup>10</sup> Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

<sup>11</sup> 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. The guilt that \_\_\_\_\_:

- Guilt gives you an earnestness to \_\_\_\_\_ sin.
- Guilt gives eagerness to \_\_\_\_\_ yourself.
- Guilt gives you \_\_\_\_\_ of sin.
- Guilt gives you an \_\_\_\_\_ of the destruction of sin.
- Guilt gives you a \_\_\_\_\_ to be \_\_\_\_\_ from sin.
- Guilt gives you a \_\_\_\_\_ to the \_\_\_\_\_ of sin.
- Guilt gives you the \_\_\_\_\_ to make it \_\_\_\_\_.

### 3. The guilt that \_\_\_\_\_:

- Is a Guilt that keeps you in \_\_\_\_\_ to \_\_\_\_\_.
  - Shame is when guilt moves from \_\_\_\_\_ you have done something \_\_\_\_\_ to feeling that \_\_\_\_\_ are bad.
  - Shame focuses not on what you've done but on being \_\_\_\_\_ of \_\_\_\_\_ you are.

**Psalm 25:3 (NIV)**

<sup>3</sup>No one whose hope is in you will ever be put to shame,

**Revelation 12:10 (NIV)**

For the accuser of our brothers, who accuses them before our God day and night, has been hurled down.

- b. Is a Guilt that keeps you in \_\_\_\_\_ of \_\_\_\_\_.
  - i. Refusing to be \_\_\_\_\_.
  - ii. Crushed under \_\_\_\_\_.
  - iii. A painful \_\_\_\_\_.

**Genesis 3:10 (NIV)**

<sup>10</sup>He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

- c. Is a Guilt that keeps you in the bondage of \_\_\_\_\_.
  - i. Taking control by \_\_\_\_\_.
  - ii. Taking control by \_\_\_\_\_.
  - iii. Taking control by shifting \_\_\_\_\_.

**How do you get rid of guilt?**

**4.** Ask for \_\_\_\_\_.

**Psalm 51:1 (NIV)**

<sup>1</sup>Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

**5.** Ask to be \_\_\_\_\_.

**Psalm 51:2-3 (NIV)**

<sup>2</sup>Wash away all my iniquity and cleanse me from my sin.

<sup>3</sup>For I know my transgressions, and my sin is always before me.

**6.** Repent for rejecting the \_\_\_\_\_ of \_\_\_\_\_.

**Psalm 51:4-7 (NIV)**

<sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.

<sup>5</sup> Surely I was sinful at birth, sinful from the time my mother conceived me.

<sup>6</sup> Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.

<sup>7</sup> Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

**7.** Ask for \_\_\_\_\_.

**Psalm 51:8-9 (NIV)**

<sup>8</sup> Let me hear joy and gladness; let the bones you have crushed rejoice.

<sup>9</sup> Hide your face from my sins and blot out all my iniquity.

**8.** Ask to be \_\_\_\_\_.

**Psalm 51:10-13 (NIV)**

<sup>10</sup> Create in me a pure heart, O God, and renew a steadfast spirit within me.

<sup>11</sup> Do not cast me from your presence or take your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

<sup>13</sup> Then I will teach transgressors Your ways, and sinners will be converted to You.