



I. INTRO/REVIEW

A. Freedom series

- Most of the stuff we carry around comes from one of two places
 - The past(mistakes, sin, shame and guilt)
 - People (Hurt, offense, words that kill, still trying to live up to or please)

B. Guilt does makes us act, say and do things we might not normally do

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

C. We've learned to feel guilty

2 Corinthians 10:3-4 (TLB) ³ It is true that I am an ordinary, weak human being, but I don't use human plans and methods to win my battles. ⁴ I use God's mighty weapons, not those made by men, to knock down the devil's strongholds.

Ochyroma (okh-oo'-ro-mah); A prisoner locked by deception. Living life by something that is not true.

- There is a difference between feeling guilty and being guilty

Matthew 11:28 (GNT) "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest.

II. THE LAW OF FIRST ORDER

A. First mention

Genesis 2:25 (NKJV) And they were both naked, the man and his wife, and were not ashamed.

B. After sin moved in everything changed

- Their Childlike response became childish

C. Guilt causes you to want to hide or withdraw

Galatians 5:1 (MSG) Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you.



III. LETTING GO

A. Giving before receiving

1 Corinthians 13:5 (NIV) It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

B. The example of Paul/Saul

Acts 8:1 (NKJV) Now Saul was consenting to his death. At that time a great persecution arose against the church which was at Jerusalem; and they were all scattered throughout the regions of Judea and Samaria, except the apostles.

- Think of the guilt and shame Paul might have felt

2 Corinthians 7:2 (NKJV) Open *your hearts* to us. We have wronged no one, we have corrupted no one, we have cheated no one.

- Paul had a face to face encounter with Jesus and he could rightly declare that while I'm the chief of sinners – I've wronged no man

Romans 8:1 (NKJV) *There is* therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.

- The facts may be that you did something wrong but the guilt associated with it says – you're wrong,

C. His Grace is enough

Ephesians 2:8-9 (NKJV) ⁸ For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, ⁹ not of works, lest anyone should boast.