



The Hope of God...Will Free Us From....

¹³May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

❖ **Guilt** is an emotional warning sign that most people learn through their normal childhood social development. Its purpose is to let us know when we've done something wrong, to help us develop a better sense of our behavior.

We 'feel guilty' when we have done something wrong and in response to that 'emotion' we begin to process in our mind a way to 'fix' the guilt...this could be in the form of an apology, righting a wrong, etc.

To bring this to Bible terms; when we recognize 'sin' in our lives, we 'feel guilty' and ask _____. This is called 'repentance' and is only given by God. When we have asked God to forgive the sin, the Bible instructs us that it is remembered no more.

Guilt begins to be a problem when we; in our emotions; cannot forgive ourselves or do as God instructs; which is to _____.

Satan uses the tool of guilt in our mind to keep us from depending on God to get us through a hard time. If we were to simply ask forgiveness and continue in a love relationship with the Lord then there would be strength in that prayer and we would believe that God has helped us to deal with the problem and move on.

Society teaches us that if we are guilty we need time to 'separate from the anxiety' and relax and reflect on the emotion. This is where Satan wins the victory. He is so 'strong' in the world that we sometimes buy into the lie and 'think' we need to relax and reflect and somehow that will make right all the wrong in us....THIS IS NOT TRUE! It does nothing more than teach us to 'feed off of the pain' and move further and further away from God and His promises.

This truth is very plain in the Bible. **Psalm 103:12 reveals the truth....¹² as far as the east is from the west, so far has he removed our transgressions from us.**

Our emotions work overtime and we give in to them on most occasions. Here is an example of everyday life and our response to it: If you are like me, you feel guilty on most things most of the time...things I have said, things I have done, situations I have put myself in; situations I haven't put myself in...the list could go on forever...because we are human...there is only 'ONE' thing that sets us apart and changes the whole situation....

_____!!!! And our dependence on Him! There more we examine ourselves the more wrong we find. Guilt is born here.

God tells us in John **8:32**

What a beautiful truth that is and how 'HUMAN' are we that we can't depend on that truth to steer our lives unless we really BELIEVE that we are FREE! Do we BELIEVE that?

The truth is that there is 'FREEDOM FROM GUILT' at the foot of the cross! Why would we prefer to live a 'guilt-ridden life' when we simply don't have to!

Guilt feelings will tear your inner being apart and the only way to stay strong is to approach the guilt you feel in a situation by approaching God and asking His help and strength for whatever we are going through.

God already knows how we can feed on guilt and He has provided the perfect answer for us...DEPEND ON HIM!

What you are doing here tonight is '_____ on Him' and it is changing you even if you can't see it yet or feel a change. God tells us in the Bible that His Word does NOT come back void...we are given a choice in the this life and the choice is to either live 'FREE IN JESUS' or to live chained to a life of 'guilt-ridden' behavior that will only cause us to remain in bondage to the world.

The promises of God are so deep where this word is concerned...there is so much that God has to say on it in the Bible....186 times the word guilt is used in the Bible and most of the time it is God telling us that He has forgiveness where it is concerned...

So...how do we apply a fresh approach to this word in our life today???

If you have guilt that you have hung on to because:

- Someone hurt you long ago and every time you remember you feel that same sense of guilt or shame
- You hurt someone and although you knew it was wrong, you didn't make it right
- You say things continually that offend or hurt someone
- You did something that was wrong and have hidden it for years, but the guilt of it is consuming you inside
- Someone in your past did something to you that was wrong and the guilt that you feel every time you remember has consumed you inside
- You see others that are hurt and you know the 'why' of it and it causes you to have guilt because you could have stopped it
- You might have stopped someone from doing something and it changed the course of their lives forever and it causes you guilt years later
- You could have sought God and chose not to
- You could have served God in some area and decided not to because of something someone said and yet even now you feel guilty for not serving

As you can see; the list could go on forever! We can each find ourselves in any one of the scenarios above and be consumed by it.

We wonder why we can't serve God faithfully and joyfully and not revert back to guilt feelings.

I have good news for you!!!

God's Redemption is an ONGOING WORK in us! If you want to be released from a consuming guilt, you are going to have to put some work in it!

Remember, God ALWAYS rewards our faithfulness to Him! What would happen if we stopped seeing ourselves as the victim? The emotional wreck? The person that can NEVER get it right?

Are you seeing how this is a tool of _____????

I am not trying to minimize any hurt we may have in our lives, but surely God means for us to live in VICTORY over this emotion of guilt????

If God commands us in John 8:32 to be _____ then let us begin to seek some of that 'freedom' and be transformed from a 'guilt-ridden' people into a people of 'freedom and victory' in Jesus! The Bible tells us that we are transformed how???

Romans 12:2 _____

THAT IS THE KEY to a transformed life....A renewed mind...let that 'guilt' go and upon asking forgiveness from God for whatever it is....remember He has sent it as far as the east is from the west...He remembers it no more!

Is 'guilt' a BURNING ISSUE for women??? Absolutely! Oh, but the God of the universe has the answer that can completely remove it from our life!

Stay in the Word of God this week and learn all you can learn from the '_____ manual for life' through Jesus Christ!

Look back at the verse that is at the top of page 1....

If we let God 'fill us with joy and peace' through trust please write what there is ABSOLUTELY NO ROOM FOR:

Now, having this knowledge; we have a 'CHOICE' this week.

We can either CHOOSE to be filled with _____

Or we can CHOOSE to be filled with _____

Which are we going to do?

Let God lead you on this journey you are on. Starting off asking Him to be the Lord of ALL of your life and seeking to be filled with Him and asking Him to remove from you any remains of guilt and sin.

There were MANY burning issues written on that page of paper a few weeks ago and it breaks my heart that we are filled with all of these things...

As we address them one by one and put them in our 'burning issues' book it is my prayer that we can lay them down with the Lord and remember them no more and be healed in the Lord.

I know that problems are real and these 'issues' are real to us...it takes time to heal, but let's do it on a journey together through God's Word and depending on Him when all else in this life fails!

I love you all and pray for you each every day! Pray that God will lead more women to this class to explore what these 'issues' mean to us and how to heal from them!