

LECTURE #17

DEALING WITH GUILT

INTRODUCTION

Why is this subject so important for us to study?

1. Because so many say it is unimportant.
Ex. "Murderer is not to blame because he had a bad childhood."
2. If guilt is not handled, it distorts other problems.
 - a. Gen. 4:11; Prov. 28:1: "The wicked flee when no one is _____."
 - b. Eph. 4:26,27: Don't give Satan a _____.
 - c. Hinder social relationships: ungratefulness, expectations, disappointments, resentment, bitterness, hatred.
 - d. That is why dealing with guilt is a _____ to entering worship.
Matt. 5:23-26
3. Your view of guilt will determine how you respond when:
 - a. You are _____ and confronted. (Is guilt useful or not?)
 - b. Your _____ is wrong. (Should I shield or protect?)
 - c. "Experts" tell you, "Only encourage the right. Ignore the wrong."
 - d. Your friend "feels" guilty.

I. POPULAR NOTIONS OF GUILT: Deal only with the _____ of guilt.

A. Sigmund Freud (Depth Psychology)

1. Man's problem is a conflict between the ___ and the _____.
(Id=drives/sex drives; Superego=teachings) The counselor must always side with the _____.
2. **Answer:** _____ so there is no conflict with the drives.
Note: No truth. No sin. No accountability.

B. Skinner (Behavioralism)

1. Man's problem is _____ that is counterproductive or results in bad consequences.

2. Change behavior for good _____.

Note: No _____ (or authority). Not dealing with the

_____.

Only manipulating results of getting caught. Do enough to get by.

C. Third Force (Carl Rogers)

c. Mowrer: Guilt is _____ for effect caused to others.

2. Rogers: Guilt is the difference between what a person ____ and what he _____ be.

_____ be.

3. Change idea of what he is or what he should be.

Note: No _____. Not dealing with _____.

Only seeking to remedy the feelings/effects.

OBSERVATIONS:

Due to the unbiblical understanding regarding the nature of guilt, people:

1. See only the "sense" or "feeling" of guilt, not guilt itself.

c. Do not recognize that the cause is an _____ God.

3. Disregard the _____ of the Holy Spirit and their own accountability to God.

4. Deal with the _____ or "feelings" of guilt by:

a. Explaining it away.

1. Corporate sin. "_____ have a problem." (rather than "I have a problem.")

2. Sickness.

3. Bad set of _____. ("I've got a bad set of genes.")

4. Mislabeled.

b. Desensitizing it.

1. More _____.

2. Mask over with _____.

3. Labels and _____.

4. Conditioning, shock.
 - c. Whomping up a good self _____.
 - d. Blameshifting. Gen. 3:12
5. Individual ways.
 - a. Pity-party. Get someone to _____ (with you).
 - b. Sear _____.
 - c. Run, hide, stay _____.
 - d. Deny _____ of God and sin.

II. BIBLICAL UNDERSTANDING OF GUILT

- A. Definition: _____ or culpability to punishment for wrongdoing.
Note: Not talking about “feeling” or “result” or “effect.”
- B. All guilt is real.
 1. Facts are involved.
 2. **A holy God has been _____.**
- C. Guilt and feelings
 1. Emotionally and physically experienced.
 - a. Feelings **may or may not** follow.
 - b. No such thing as _____ guilt. There is such a thing as a trained physical response to a _____ standard.
 2. Presentation problem
- D. Guilt and facts
 1. Breaking God's _____
 2. Objectively: It is breaking a _____ command.
 e.g. “Thou shalt not...”

3. Subjectively: It is breaking what one considers to be a _____.

III. PROCEDURE FOR DEALING WITH GUILT

There are four steps to dealing with guilt biblically...

A. Repentance

1. Acknowledgment - Ps. 51:1-4

a. Proverbs 28:13-14

b. Psalm 51:4

c. I John 1:7-9

2. Sorrow - II Cor. 7:10

3. Change - Ps. 51:7-13

B. Confession

1. To _____ (Ps. 51)

2. To those sinned _____ (Matt. 5:23, 24)

3. Procedure for confession

a. Acknowledge

b. Asking forgiveness

1. I will not talk to _____ about it.

2. I will not _____ the offense ____ for the purpose of injuring the offender.

3. I will not _____ upon the offense or the offender.

C. Restitution

1. New Testament passages.

a. Prodigal son, Luke 15:11-32

b. Zaccheus not forbidden, Luke 19:8

c. I Corinthians 10:6-11

d. I Corinthians 7:10-11

e. Matthew 5:23-28

f. **Sometimes impossible.** Rom. 12:18

2. Shows lost world that ____ will be _____ with.
3. Offender not normally allowed to enjoy _____ of his sin. (Zacchaeus could not use the money he stole)
4. Genuine conversion makes _____ possible.
5. Genuine conversion produces _____ to make things _____.

D. Change

1. Accept forgiveness.
 - a. Heb 6:6, 10:29
 - b. Matt. 18:21-25
2. Change sinful behavior
 - a. Ephesians 4:22-24: Put off / put on
 - b. Colossians 3:12 ff: "Clothe yourselves."
3. Reasons for failing to feel forgiven
 - a. Not _____ God's Word.
 - b. No _____ over sin.
 - c. Holding _____ against God.
 - d. No _____ made.
 - e. No _____ for _____.
 - f. Feeling _____.
 - g. Failure to _____ others.
4. Definition of forgiveness: Mark 11:25
 - a. Giving up the right to _____.
 - b. Forgetting will not happen _____.

5. Consequences of failing to forgive others

- a. Self _____
- b. Anger
- c. Bitterness
- d. Unbiblical _____
- e. Guilt and _____
- f. More _____
- g. Destruction

Review: Four major points...

- 1. Repent
- 2. Confession
- 3. Restitution
- 4. Change