

## 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