

FROM GUILT TO GRACE

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"My guilt has overwhelmed me like a burden too heavy to bear." (Ps. 38:4)

How to go from guilt to grace? Understand...

I. What we _____ do with regrets.

A. We _____ them...or try to.

Psalm 51:3 "For I know my transgressions, and my sin is ever before me."

- We minimize
 - We rationalize
 - We compromise

Proverbs 28:13 "The man who refuses to admit his mistakes will never be successful, but if he confesses and forsakes them, he gets another chance."

B. We _____ Others.

Psalm 50:20 "You're always ready to accuse your own brothers and find fault with them."

Genesis 3:11-13

C. We _____ Ourselves.

Psalm 38:4-8 "I'm drowning in the flood of my sin and they're a burden too heavy to bear. Because I've been foolish, I'm utterly worn out and crushed. My heart is troubled."

II. What we _____ do with regrets.

A. _____ our guilt.

Psalm 51:3 "I recognize my faults. I'm conscious of my sin."

Psalm 32:5 "I decided to confess them to You and You forgave all my sins."

B. _____ forgiveness.

Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."

1 John 1:7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, **purifies us from all sin.**

Psalm 103:3 "As far as east is from west, you have removed my sin from me."

Isaiah 38:17 "You have cast all my sins behind Your back."

III. What _____ does with regrets.

A. _____ Your Conscious.

Isaiah 1:18 (LB) "Let's talk it over, says the Lord. `No matter how deep the stain of your sin, I can take it out and make you as clean as freshly fallen snow.'"

Jeremiah 31:34 "I will remember your sins no more."

B. _____ Your Character.

2 Corinthians 5:17 (LB) "When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun."