

How to Get _____ Out of Your _____

2 Cor. 7:10; Selected Scriptures

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September 9, 2018

1. In order to get good out of your guilt you must realize _____ have, are and will make _____ in life.

Psalm 51:5-6 (NLT) - For I was born a sinner - yes, from the moment my mother conceived me. 6 But you desire honesty from the womb, teaching me wisdom even there.

Romans 5:12 (NLT) - When Adam sinned, sin entered the world. Adam's sin brought death, so death spread to everyone, for everyone sinned.

Romans 3:23 (NLT) - For everyone has sinned; we all fall short of God's glorious standard.

1 **John 1:8 (NLT)** - If we claim we have no sin, we are only fooling ourselves and not living in the truth.

1 **John 1:10 (NLT)** - If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

2. In order to get good out of your guilt you need to realize you have the _____ to _____ what your _____ will become in your life.

2 Corinthians 7:9-11 (ESV) - As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. ¹⁰ For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. ¹¹ For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! At every point you have proved yourselves innocent in the matter.

GRIEF – λυπέω; **Transliteration:** lypeō.

A. _____ **GRIEF** – leads to _____ that leads to _____ without _____.

Repentance – μετάνοια; **Transliteration:** metanoia.

Acts 26:20 (ESV) - but declared first to those in Damascus, then in Jerusalem and throughout all the region of Judea, and also to the Gentiles, that they should repent and turn to God, performing deeds in keeping with their repentance.

Salvation – σωτηρία; **Transliteration:** sōtēria.

Without regret – ἀμεταμέλητος; **Transliteration:** ametamelētos.

2 Peter 3:9 (ESV) - The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.

Acts 11:18 (ESV) - When they heard these things they fell silent. And they glorified God, saying, "Then to the Gentiles also God has granted repentance that leads to life."

B. _____ GRIEF – produces _____.
Death – θάνατος; **Transliteration:** thanatos.

Proverbs 15:13 (ESV) - A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

Proverbs 17:22 (ESV) - A joyful heart is good medicine, but a crushed spirit dries up the bones.

3. In order to get good out of your guilt you must _____ and _____ your _____.

Proverbs 28:13 (NLT) - People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

A. You must confess your _____ to _____.
Psalms 51:3-4 (ESV) - For I know my transgressions, and my sin is ever before me. ⁴ Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.

1 John 1:9 (ESV) - If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Psalms 32:5 (NLT) - Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. Interlude

B. You must confess your sins to the _____ affected by your _____.

James 5:16 (NLT) - Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

Matthew 5:23-24 (NLT) - So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, ²⁴ leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God.

4. In order to get good out of your guilt you must _____ yourself just as _____ has forgiven _____, even when other people don't, won't or can't.

Psalm 103:3 (NLT) - He forgives all my sins and heals all my diseases.

Psalm 103:8-12 (NLT) - The LORD is compassionate and merciful, slow to get angry and filled with unfailing love. 9 He will not constantly accuse us, nor remain angry forever. 10 He does not punish us for all our sins; he does not deal harshly with us, as we deserve. 11 For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. 12 He has removed our sins as far from us as the east is from the west.

Psalm 51:1-2 (NLT) - Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. 2 Wash me clean from my guilt. Purify me from my sin.

1 John 3:20 (ESV) - for whenever our heart condemns us, God is greater than our heart, and he knows everything.

Colossians 2:13-14 (NLT) - You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. 14 He canceled the record of the charges against us and took it away by nailing it to the cross.

Questions to Consider

1. When have you been ever disappointed by a friend or family member? Was that painful or pleasurable? Explain
2. When have you ever disappointed a friend or family member? How was that communicated to you?
3. Is there a specific area in your life that you've struggled with guilt? Explain.
4. What qualities were produced by the Corinthians' godly grief and guilt? (7:11)
5. How do you respond when you feel guilty about something?
6. How can realizing you're not perfect help you manage the guilt in your life?
7. How does it make you feel knowing you have the power to choose what grief looks like in your life? Explain
8. Is it easy or difficult to admit and confess the things that make you feel guilty? Explain
9. How important is it to use the power you have to forgive yourself in order to get rid of lingering guilt?
10. What specific step can you take this week to turn sorrow for sin and guilt into a new attitude and godly living?