

Ridin' High Cowboy Church

8771 FM 35

Union Valley/Royse City, TX

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May 22, 2016 – Cancelling the Guilt Trip

Things you feel guilty about: When staying with relatives, I ate a bunch of pizza, so in order not to have to get up and get a drink, I drank a bunch of water. And after going to bed, I wet the bed, and was too embarrassed to tell them, so I cleaned it up the best I could, pulled up the covers and slept on the other side the rest of the time!

Most people think of guilt and church gong had in hand, maybe if you quit feeling guilty, you would quit coming to church!

Jesus never used guilt as a method to get people to do what he wanted, even though he could have, because he knows everyone's heart. He could tell people what they had done wrong.

Guilty people usually use the guilt trip.

It is almost impossible to please those who carry around a load of guilt...here is why:

Because I didn't live up to my expectations, I'm not gonna allow you to either.

Since I disappointed me, I'm gonna find a way for you to disappoint me, too.

Since I am not the person I wanted to be, I'm gonna make sure you're not the person you wanted to be.

Long term guilt is very destructive to your heart.
Carrying long term guilt leads to anger at yourself.
You didn't meet your own expectations.

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

** Guilt feels like a weight is on you.

The guilt weight you picked up in college, on a business trip, you carry into your marriage or relationships.

** Guilt grows in the darkness.

The only things that grown in the dark are fungus and mold, and that is what guilt does inside of you, the best way to get rid of mold and fungus is to expose it to light!

The most common desire of people carrying guilt is to forgive themselves, you will never get rid of guilt as long as it's a secret.

The Cure for Guilt is Confession.
where you check out...

This is very difficult, I know. This is

Most people have grown up being taught or thinking that the way to get rid of guilt we have to confess things only to God, or a godly person, and we feel better for a short time.

The Bible talks more about confessing to other people than it does to God. Confession is not primarily telling God things he already knows about...

First time confession is talked about in the Bible.

Numbers 5

5 The Lord said to Moses, 6 "Say to the Israelites: 'Any man or woman who wrongs another in any way and so is unfaithful to the Lord is guilty 7 and must ... This is the big answer to what we have to do **confess the sin they have committed. They must make full restitution (make it right) **for the wrong they have done, add a fifth of the value to it and give it all to the person they have wronged.****

Zacchaeus' story from a few weeks ago, only after Zaccheus gave back the money (four times what he took) when he gave back the money, he was admitting (confessing) that he had stolen and lied, Jesus said "salvation has come to this household."

King David after committing adultery and murder said,

Psalm 51 10 Create in me a pure heart, O God, and renew a steadfast (right) **spirit within me.**

Jesus, talking about guilt...

Matthew 5 23 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."

James 5: 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Isn't it true that the Sin you confess only to God, you tend to repeat...

The goal is not a clear conscience but a clean heart and a changed life.

God is more concerned with your heart than for you to feel better for a while.

What do we do:

1. Confess

Confession doesn't hurt people. Concealment hurts people

The reason we don't confess is we fear the consequences, but we don't understand the consequences of concealment and the fact that our heart is rotting.

Consequence of confessing is immediate and it affects a handful of people, consequence of concealing can last for generations in the relationships you have.

2, Make restitution (if there are things we need to make right).

What will happen:

1. Your outside world will become temporarily more complicated

2. Your inside world will eternally become free, clean.

How are things in your heart? Got any secrets? Are you carrying around guilt?

The cure for guilt is confession!