

#1

Conquering Guilt

Psalm 51:10 KJV
Create in me a clean heart, O God, and
renew a right spirit within me.

Conquering Guilt

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

In a recent survey 41% of the population feel guilt everyday about enjoying something.

I should not have had that.

I should not have watched that.

We all have faced the feeling of guilt.

There are things we should feel guilty about and there are things that we should not feel guilty about.

False guilt cripples us just as much as being guilty over things we should feel guilty about.

False guilt comes when we try to carry what someone else has done wrong.

Guilt can have a positive or negative effect in our lives.

Guilt can bring us to take responsibility, seek forgiveness, and experience freedom.

Negatively it can cripple your relationship with God and other people.

Negatively guilt that is never dealt with destroys intimacy with God, and intimacy in relationships.

Unresolved guilt will bring emotional, mental, physical, and spiritual scars.

#2

Conquering Guilt

David had been living with the pain of
guilt for almost a year

Then came the day when Nathan
confronted the guilty King of Israel

David had been living with the pain of guilt for almost a year

He could find no way to suppress the mental image of his sin.

Although he did not speak of his guilt, it was always present.

He was covering up his sin.

He knew he had transgressed the law, love, and person of the Lord His God.

Then came the day when Nathan confronted the guilty King of Israel.

All of a sudden, everything David had been trying to cover up was exposed.

David had taken Bathsheba, the wife of Uriah.

He had committed adultery with her.

Then to complicate everything, David tried to cover his sin by ordering Uriah to be killed.

David was exposed.

No one wants to be exposed.

David had a reputation of being a man after God's own heart.

Yet, now, he stood guilty before the man of God.

Psalms 51 is David's prayer for forgiveness.

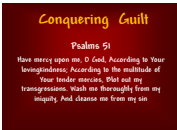
Listen to the words of his petition before God.

Psalm 51 (NIV) Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.

Surely I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

#3



#4



#5



#6

Conquering Guilt
 Psalm 51
 Let me hear joy and gladness, let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me.

Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me.

#7

Conquering Guilt
 Psalm 51
 Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

#8

Conquering Guilt
 Psalm 51
 Then I will truthfully confess your name, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.

Then I will teach transgressors your ways, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.

#9

Conquering Guilt
 Psalm 51
 O Lord, open my lips, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

O Lord, open my lips, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

#10

Conquering Guilt
 Psalm 51
 In your great pleasure make Zion prosper; build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.

In your good pleasure make Zion prosper; build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.

#11

Conquering Guilt
 David was covering everything that was affected by his sin.

David was covering everything that was affected by his sin.

For almost a year David's life had been filled with the pain of guilt.

He could not find a way to suppress the mental image of his sin.

Although he did not speak of his guilt, it was always present.

He was covering up for his sin.

He knew he had transgressed the law and love of the Lord.

#12

Conquering Guilt

John 3:17 NKJV
For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

John 3:17 NKJV For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

#13

Conquering Guilt

In 2 Samuel 12, Nathan confronted David with his sin.
The story is very clear on all of the details.

In 2 Samuel 11 we find the story of David's adultery with Bathsheba.

In 2 Samuel 12, Nathan confronted David with his sin.

The story is very clear on all of the details.

Do you hate it when all of the details get out?

Nothing was hidden.

After the adulterous affair, Bathsheba became pregnant.

David attempted several times to cover it up.

He brought Uriah home to Bathsheba from war, in the hope that Uriah would believe that the child was his.

When his plan failed David sent Uriah back to the battle with instructions to get him killed.

David though he finally had covered over his sin.

Numbers 32:23 NIV "be sure that your sin will find you out."

Sin deceived David.

The consequences were severe.

The consequences plagued David's life.

That brings us to Psalms 51.

#14

Conquering Guilt

To Conquer Guilt, you must admit your sin
1 John 1:9
"If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."
First, You must admit your sin of transgression.

In Psalms 51, David opens his heart and guilt to God.

To Conquer Guilt, You must Admit Your Sin.

The first impulse, when conviction hits, is to run from God, as David did for a year.

Guilt will never be conquered or removed until sin is admitted.

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

First, You must admit Your sin of transgression.

David said, "For I acknowledge my transgressions."

Transgression signifies the breaking of a known command of God.

David knew his actions were wrong.

Transgression is an act of treason against the Lord.

David knew God's command in Exodus 20:14 NIV
 "You shall not commit adultery."

It is never an easy matter to admit that you have chosen to go against the revealed will and law of God.

You do not have to be a theologian to know you have sinned.

You can never conquer your guilt until you first admit that you have broken the law of God.

Second, You must admit Your sin of iniquity.

Iniquity means that something that is good and wholesome is twisted, warped or made crooked.

This is precisely what David was guilty of in his relationship with Bathsheba and Uriah.

Physical desires and attractions are from God, but they can be twisted, warped, or made crooked.

#15



Satan is a master at causing us to pervert the good and legitimate areas of our lives and make them areas of sin.

Marriage is honorable in the sight of God.

The bed is undefiled in marital relationships.

But, God says that other entanglements in the bed are a form of iniquity.

Pre-marital sex is sin.

Homosexuality is sin.

You cannot be involved in adultery and be right with God.

You cannot be a fornicator and be right with God.

Homosexuality is an abomination in God's eyes.

You cannot be involved in incest and be right with God.

David had been involved with another man's wife.

He surrendered his values and his stand with God for Bathsheba.

Third, You must admit your sin of missing the mark.

God established boundaries that define what sin is and what righteousness is.

Don't get upset at the church, or your parents.

Sin is clearly defined in God's word.

The most common word the Bible uses for "sin" means missing the mark.

We miss the mark because of error, failure, or blunder.

Man often misses God's high goal, standard, and plan.

God never wanted David to suffer the guilt that came from committing adultery and murder.

God has a mark for every human being, and if it is not reached, then that person is a sinner.

#16

Conquering Guilt
 To Conquer Guilt,
 you must admit your sin
First, You must admit your sin of
 transgression.
Second, You must admit your sin of
 iniquity.
Third, You must admit your sin of missing
 the mark.

God intends you to be righteous as Christ is righteous.
 God intends you to be holy and pure.
 But, you have missed God's mark.
 You are a sinner.

When David sinned he suffered the consequences.

He was defiled, disgraced, damaged, and depressed.
 He was buried in his guilt.

***To conquer guilt, you must ask God for forgiveness.
 One of man's greatest needs is forgiveness.***

David was guilty of sinning...

He sinned against Bathsheba,
 He sinned Uriah,
 He sinned against the baby born to Bathsheba as a
 result of their sin,
 He sinned against the children of Israel,
 But most of all his sin was against God.

Listen to David's confession:

Psalm 51:3-4 NIV For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.

Since all sin is ultimately against God then only God can forgive.

We need to forgive one another.
 We need the forgiveness that only God can give.
 We need forgiveness that blots out.

***To Conquer Guilt, You Must Ask God for Forgiveness.
 First, We need, forgiveness that blots out.***

#17



#18



#19



#20

Conquering Guilt
Colossians 2:14 Amplified
 Having cancelled and blotted out and wiped away the handwriting of the note (bond) with its legal decrees and demands which was in force and stood against us (hostile to us). This [note with its regulations, decrees, and demands] He set aside and cleared completely out of our way by nailing it to [His] cross.

David asked God to blot out his transgressions.

Only God has the record and He alone can erase it from the book.

David was aware of God’s concern for the details of men’s affairs.

Colossians 2:14 Amplified “*Having cancelled and blotted out and wiped away the handwriting of the note (bond) with its legal decrees and demands which was in force and stood against us (hostile to us). This [note with its regulations, decrees, and demands] He set aside and cleared completely out of our way by nailing it to [His] cross.*”

When you sin the record in Heaven is marked with your actions.

God is faithful to mark down your sins.

He knows all the sordid detail.

David wanted God to blot out His transgression.

In other words “God forgive me by blotting out your handwriting of my actions that have been contrary to your Law.”

Forgiveness deals with the things that have been written about your actions.

In addition to the work on God’s records, David wants something done to his own vile body, mind, and soul.

#21

Conquering Guilt
 To Conquer Guilt, you must ask God for forgiveness
First, we need forgiveness that blots out
Second, we need a forgiveness that washes thoroughly

Second, we need a forgiveness that washes thoroughly
David had no contentment in life because of the torment of his soul.

When David requested God to forgive him he said: “Wash me thoroughly from my iniquity.”

Thorough washing is rough work.
 It requires repeated scrubbing.
 It involves painful removal that produces the
 cleansing of all stains.
 David wanted to be thoroughly clean.

The stains of sin go deep.

It is not enough to get wet.
 We must be thoroughly washed.

“Wash me thoroughly from my iniquity, And cleanse me from my sin.”

The stains of guilt are deep and ingrained but they can be removed by the loving forgiveness of the Lord.

God is merciful and thorough in His cleansing.

He will wash us in the Blood of the Lamb of God
 He will thoroughly wash us in the only fountain that can take away our sins.

He can remove the stain and make us clean.

Third, we need Forgiveness that cleanses completely.

David urges God to remove all of the guilt so that he can be clean, sweet, and innocent as a newborn child.

He wants to be so clean on the inside and outside that God will be pleased with his life.

When your life is burdened by the guilt of sin it is hard to even imagine being clean.

This is one of the greatest miracles of God’s grace and mercy.

He can make the darkest sinner clean.

He can make the vilest sinner clean.

#22



#23

Conquering Guilt
Isaiah 1:18 NKJV
"Come now, and let us reason together," Says the LORD, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool."

Isaiah 1:18 NKJV "Come now, and let us reason together," Says the LORD, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool."

To ask for God's forgiveness implies that we will accept it and forgive ourselves.

This is one of the great challenges for each of us.

God is more willing to forgive us than we are to forgive ourselves.

You must allow Him to take charge of your sinful past.

Give it up.

Give up the pain.

Give up the experience.

God has promised to forgive; take Him at His word.

#24

Conquering Guilt
To Conquer Guilt, You Must Put God's Will First in Your Life.
Psalm 51:12-13 NIV
Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you.

To conquer guilt, you must put God's will first in your life.

Psalm 51:12-13 NIV Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, and sinners will turn back to you.

These words express the wholehearted desire for God's will to be done in his life.

#25

Conquering Guilt
To Conquer Guilt, You Must Put God's Will First in Your Life.
When you really are forgiven you will want to please God.
To conquer guilt you must become willing to point others to Christ

When you really are forgiven you will want to please God.

The first impulse of the forgiven sinner is to please the Lord.

God I want to please you.

I place no limits on what you want

I want to do Your will

David did not limit His commitment to God.

He is willing to surrender everything to God.

To conquer guilt you must become willing to point others to Christ.

David wanted others people to know the grace God had given him.

Someone else will need the same cleansing and forgiveness from God.

David is willing to urge them to follow the will of God.

He will tell the good news that guilt can be conquered.

Everyone deserves to hear of the forgiveness of God.

When you conquer guilt you will be filled with praise to God.

The Bible does not cover up David's sin and guilt.

It tells it like it really is.

This is hard for us.

It is easy to cover over and smooth things out, so that we look good.

David openly admitted his sin.

David openly admitted his need for forgiveness.

David openly proclaimed that God was the only One that was able to help him.

When God rescued David, he praised God.

When you conquer guilt you will praise God.

He could declare the grace and mercy of God

Look what the Lord has done!

He has blotted my sins away!

#26

Conquering Guilt
To Conquer Guilt, You Must Put God's Will First in Your Life.
When you really are forgiven you will want to please God!
To conquer guilt you must become willing to point others to Christ!
When you conquer guilt you will be filled with praise to God!

He has washed me and cleansed me from my sins.
He has forgiven and restored.
He has dealt with the guilt and the shame.

David wanted the rest of his life to bring praise and honor to God.

This is why he is known as a "man after God's own heart."

Would you like to conquer guilt?

Would you like to have that burden removed?

You can if you will admit your sin, and ask for God's forgiveness through Jesus Christ.