

The Bulletin

Meeks St. Church of Christ

1201 Meeks St. Corinth, Ms. 38834

Phone – (662) 287-2187

Visit Our Website at:

MeeksstreetchurchofChrist.com

June 2, 2019

“Overcoming The Guilt of My Sin”

By Brian Meade

We live in a world where the vast majority of people who commit sin seem to have no problem with guilt from their sins. At the least, there are those who have no major trouble with practicing some very wicked behavior. This world of today has much in common to the people of the apostle Paul’s day— *“and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.”* (Ephesians 4:19)



But for Christians— perhaps the only unpleasant aspect of having a good heart, one that is sensitive concerning sin— we feel guilt, shame, and remorse for our sins much more deeply than the cold, callous-hearted sinner without a good heart.

And even though we strive NOT to sin against the God we serve and break His commandments, we find ourselves giving in to temptation nonetheless (1 John 1:7-10; James 5:16).

Our good heart and consciousness of sin can leave us feeling the full weight of our sins before God. This kind of conviction will lead us to repentance, as is proper for us to do (2 Corinthians 7:10; Matthew 26:75).

But what do we do when we truly repent of our sin and there are still the lingering feelings of guilt and shame? How do we “move past” the sin when we have a conscience that constantly cries out *“How could I have done that?”* It may be that we have a lot more in common with the words and feelings of the apostle Paul, as he laments, *“Wretched man that I am! Who will set me free from the body of this death?”* (Romans 7:24) We may have completely went in the wrong direction because of our sin! Because sin is going in the wrong direction.

It is in times like this that the apostle Paul teaches us to rely upon the Savior Jesus to help us overcome such feelings of tremendous guilt in our lives.

We need to be able to live without these feelings of guilt because:

(1) It is Not Productive!

It just doesn’t help us to move forward with the work in God’s kingdom, when we are plagued with remorse and guilt. There absolutely needs to be a sense of closure and an end of guilt feelings for sin we have repented of.

To keep beating ourselves up over what we did in the past is not helpful and can cause us to waste valuable time and energy we could be spending in actual work for the Lord. Jesus taught us to be busy in bearing fruit to God in John 15:1-8. Don’t let your past sins that you have repented of stop you from being productive, energetic, and hard working today!

(2) It Causes Worry And Fret!

The Bible teaches us that worrying and fretting over matters is a lack of faith, and thus sinful (Matthew 6:25-34).

Paul said in Philippians 4:7, “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

Could it be that we are really worried about whether or not God has truly forgiven us concerning our sin? Or are we really worried about what other people might think or say about us?

Forgiveness from God is a matter of faith—as there is no physical evidence of God’s release of our sin. But we do have His word that teaches us His reactions of mercy, compassion, grace, and forgiveness to our genuine repentance. Notice what God said to His own people, the Israelites in Micah 7:18-19, “Who is a God like You, who pardons iniquity and passes over the rebellious act of the remnant of His possession? He does not retain His anger forever, because He delights in unchanging love. He will again have compassion on us; He will tread our iniquities under foot. Yes, You will cast all their sins into the depths of the sea.”

To overcome worry concerning our sins, we need to trust God fully, even in the matter of forgiveness. Go to His promises of forgiveness in the Scriptures and read them over again until you can see forgiveness for you there!

(3) It Robs Us Of Our Joy!

One can rightly say, it is mentally exhausting to always be thinking of our past failures to keep God’s word. But not only that, it can rob us of the joy of being a Christian, if we let it. Any successes that we may have in doing good for others and ourselves can be overshadowed by our guilt for past sins.

King David, when repentance and confession had taken place for his sins, asked God to “Restore to me the joy of Your salvation...” (Psalm 51:12) There is a proper place for regret and sadness for sin that ought to keep us from ever going back there. But there should also be joy and rejoicing that God has forgiven us and we are in good standing with Him.

The apostle Paul was once Saul the persecutor of the church and had much to be forgiven of in the past (1 Timothy 1:12-15). Yet, God forgave Paul and used Him mightily in preaching to the Gentiles. The same man who lamented his past, also rejoiced in the Lord (Philippians 4:4; 1 Thessalonians 5:16).

(4) It Can Affect Us Physically.

David seemed to have this problem with his sin and the cover up that followed his transgressions.

Notice in Psalm 32:1-4, “How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit! When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer.”

David was seemed to be weakened physically by holding on to his sin and not confessing it. The guilt of our sin can wear away at our physical health and leave us hollow inside because of the consciousness of our sin.

He was only freed from this agony when he confessed his sin in Psalm 32:5, “I acknowledged my sin to You, and my iniquity I did not hide; I said, “I will confess my transgressions to the Lord”; and You forgave the guilt of my sin.” One of the great blessings of being a Christian is knowing we are right with God! (Romans 8:1)

(5) It Can Bring Insecurity About Our Salvation.

When we focus too much on the past failures to please God, we are inviting feelings of failure to dominate our thinking, and thus our mind.

If we keep that up for a matter of time, we can start to believe the irrational lie that God doesn’t want us. Or, we can’t please God today because of our past sins! Such thinking can lead us to despair and dread of doing the work of God today.

The words of the apostle Paul to the young preacher Timothy can help us to overcome such thinking.... “For God has not given us a spirit of timidity, but of power and love and discipline.” (2 Timothy 1:7). We should not let feelings of worthlessness fill our hearts and minds to the point of such misery!

But What We Should Do:

(1) Face the Sin & Repent— Proverbs 28:13; Acts 8:22-24.

Don’t run from it, try to hide it, or deny it. Just be willing to make it right and truly repent of the sin. Because honestly, nothing else will work!

(2) Confess it to Others— James 5:16; 1 John 1:9.

First, confess it to God foremost. If we need to ask for strength and the prayers of our brethren— then, let us not be afraid to ask and confess any wrongs.

(3) Accept God’s Forgiveness— Hebrews 9:14; 10:17.

It should not be difficult to accept God’s forgiveness for sin, but sometimes we really struggle with forgiving ourselves. It can be very hard to let it go ourselves. But



once we do accept it, don't go back to the former sin.

(4) Trust in His Grace— 1 Timothy 1:14.

Much like Saul (Paul), we need to remember that forgiveness takes place in the mind of God. God's grace is bigger than our sin! Remember that the next time we are reminded of what we have done. Go and sin no more (John 8:11; Titus 2:11-12).

News and Notes: Sick and recovering: Tim Harris Sr, Tim Harris Jr, Chad Harris, Martha Norvell (Mississippi Care), June Lawson (Lisa Busby's Mom), Clois Wright, Debbie Keplinger, Gaddy Hall, Janis Johnson, Daniel Holloway, Tammy Kilgore (Jerry's niece), Betty Hurst, Peggy Harville (cancer), Linda Harris, Karey Trimble. Katie Ward Coburn, Kathryn's grandmother, Hazel Corner, Clay Ford, & Allison (12 year old girl that received burns from a house fire/ 80% of her body was burned).

Those Who Serve:

Sunday Morning 9:00 A.M. Service:

Opening Prayer: Russell Briggs
Preaching: Brian Meade
Sermon #1: *"The Power To Persevere"*

Auditorium Bible Class: 9:35am:

Fred Johnson
The Book of Acts (Jason Longstreth)
Page 40, Question #10

Sunday Morning 10:30 A.M. Service:

Announcements: Russell Briggs
Opening Prayer & Scripture Reading: Sam Johnson
Acts 9:26-28
Song Leader: Adam Harris
Lord's Supper: Russell Briggs
Assisting: Nathan Meade & Adam Harris
Preaching: Brian Meade
Sermon #2: *"What To Look For When Choosing A Church"*
Closing Prayer: Tim Harris Sr.

Wednesday Evening: 7:00 P.M.

June 5th:

Auditorium Bible Class:

Paul Johnson
Ezra, Nehemiah, & Esther (Mike Willis)
Page 47, Question #13

Invitation:

Song Leader:
Closing Prayer:

Paul Busby
Dan Cottrell
Russell Briggs