

# ***Guarding Your Mind Against Guilt***

*Sermon by Ray Reynolds 1/6/08 - PM*

Introduction : Do you have problems respecting yourself, loving yourself, or forgiving yourself? How can you guard your mind against guilt?

Discussion :

## **I. The Types of Guilt**

- A. Reactive Guilt – A response to an overt act of having violated one's own internal standards of acceptable behavior (**Psalm 51:1-3**).
- B. Anticipatory Guilt – When a person thinks about violating standards and anticipates reactive guilt (**I Corinthians 10:31-33**).
- C. Existential Guilt – A result of the awareness of a discrepancy between one's well-being and the well-being of others.

## **II. The Triggers of Guilt**

- A. Statement of Fact – An independent but difficult truth.  
*“Yesterday hundreds of people died lost.”*
- B. Statement of Action – An emphasis on personal behavior.  
*“Last night as you slept soundly, many of your neighbors could not sleep because they were wondering about God.”*
- C. Suggestion for Consideration – A thought for future action.  
*“You should talk to your neighbors about Jesus.”*
- D. Question to Ponder – A probe for thoughts, feelings, actions.  
*“What have you done recently to witness to your neighbors?”*

## **III. The Trials of Guilt**

- A. Self-condemnation – **Luke 22:54-62**
- B. The Blame Game – **Genesis 3:7-13**
- C. Pessimism – **I Kings 19:1-13**
- D. Suicide – **Matthew 27:3-5**
- E. The Martyr Complex – **Luke 10:38-42**
- F. Physical Illness – **Psalm 32**
- G. Forgiveness – **Matthew 5:23-24**
- H. Growth/Change – **II Peter 1:5-9, I Corinthians 6:9-11**

## **IV. The Target of Guilt**

- A. Don't Violate Your Conscience – **Acts 23:1**
- B. Don't Develop A False Conscience – **I Corinthians 11:17-34**
- C. Don't Worry Yourself To Death – **Matthew 6:25-34**
- D. Don't Dwell on the Past – **Romans 8:1-11**
- E. Don't Try To Become A Perfectionist– **Hebrews 5:7-8**
- F. Don't Make Unrealistic Expectations – **II Corinthians 5:7**
- G. Don't Forget The Golden Rule – **Matthew 7:12**
- H. Don't Give Up On God – **Luke 1:37**

Conclusion : Are you crippled by your own guilt? Give God all of your burdens!!!