

**“Guilt”**  
**Baggage – Part 5**  
**Psalm 32, 38, 51**  
**May 5, 2013**

*“Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night Your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 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.” Psalm 32:1-5 (NLT)*

*“O LORD, don’t rebuke me in Your anger or discipline me in Your rage! Your arrows have struck deep, and your blows are crushing me. Because of Your anger, my whole body is sick; my health is broken because of my sins. My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart. You know what I long for, Lord; You hear my every sigh. My heart beats wildly, my strength fails, and I am going blind. My loved ones and friends stay away, fearing my disease. Even my own family stands at a distance...I am on the verge of collapse, facing constant pain. But I confess my sins; I am deeply sorry for what I have done. Psalm 38:1-11, 17-18 (NLT)*

*“Have mercy on me, O God, because of Your unfailing love. Because of Your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night. Against You, and You alone, have I sinned; I have done what is evil in Your sight. You will be proved right in what You say, and Your judgment against me is just. For I was born a sinner— yes, from the moment my mother conceived me. But You desire honesty from the womb, teaching me wisdom even there. Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; You have broken me—now let me rejoice. Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from Your presence, and don’t take Your Holy Spirit from me. Restore to me the joy of Your salvation, and make me willing to obey You. Then I will teach Your ways to rebels, and they will return to You. Forgive me for shedding blood, O God who saves; then I will joyfully sing of Your forgiveness. Unseal my lips, O Lord, that my mouth may praise You.” Psalm 51:1-15 (NLT)*

## **WHEN WE GET OFF OUR GUILT TRIP...**

### **1. WE STOP FOOLING OURSELVES.**

#### **❖ Sin displeases your God.**

*“O LORD, don’t rebuke me in Your anger or discipline me in Your rage! Your arrows have struck deep, and Your blows are crushing me.” Psalm 38:1-2 (NLT)*

*“...don’t make light of the LORD’s discipline, and don’t give up when He corrects you. For the LORD disciplines those He loves, and He punishes each one He accepts as His child...No discipline is enjoyable while it is happening—it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.” Hebrews 12:5b-6, 11 (NLT)*

#### **❖ Sin depletes your strength.**

*“Because of Your anger, my whole body is sick; my health is broken because of my sins...My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.” Psalm 38:3, 5-8 (NLT)*

*“When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night Your hand of discipline was heavy on me. My strength evaporated like water in the summer heat.”*

Psalm 32:3-4 (NLT)

### ❖ **Sin distances your family and friends.**

*"My loved ones and friends stay away, fearing my disease. Even my own family stands at a distance."*  
Psalm 38:11 (NLT)

## **2. WE STOP BLAMING OTHERS.**

*"Have mercy on me, O God, because of Your unfailing love. Because of Your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night. Against You, and You alone, have I sinned; I have done what is evil in Your sight. You will be proved right in what You say, and Your judgment against me is just."* Psalm 51:1-4 (NLT)

### **Real Repentance Requires:**

- **Conviction**
- **Contrition**
- **Confession**

*"But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness."* 1 John 1:9 (NLT)

- **Change**

*"For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death."* 2 Corinthians 7:10 (NLT)

## **3. WE START RE-EXPERIENCING GOD'S PRESENCE.**

### • **The cleanliness in our salvation.**

*"Have mercy on me, O God, because of Your unfailing love. Because of Your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin... Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow."* Psalm 51:1-2, 7 (NLT)

### • **The security of our salvation.**

*"Do not banish me from Your presence, and don't take Your Holy Spirit from me."* Psalm 51:11 (NLT)

### • **The joy of our salvation.**

*"Restore to me the joy of Your salvation, and make me willing to obey You."* Psalm 51:12 (NLT)

*"Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty!"* Psalm 32:1-2 (NLT)

### • **The worship in our salvation.**

*"Forgive me for shedding blood, O God who saves; then I will joyfully sing of Your forgiveness. Unseal my lips, O Lord, that my mouth may praise You."* Psalm 51:14-15 (NLT)