

## WELCOME

### Our Mission is to . . .

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

We are not here to tell you what to wear, eat, listen to, vote for, or even believe. These are things you must determine for yourself if you want to have real faith.

Life is too short to be shallow. In fact, you can't really do life without developing a strong foundation and becoming a person of substance.

**FHNew** - Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better, or begin or continue your journey of faith, text **FHNew** to **53123** and we will send you a link to a few short videos about Foothills Church, or stop by the Connection booth.

**FHBaptism** - One important step in your faith journey is being baptized. To learn more about baptism, text **FHBaptism** to **53123** and we will send you the teaching on Believers' Baptism.

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## INTRODUCTION

We are in a series called **Fresh Start: Pack your bags we're going on a guilt trip!** Last week we talked about:

- Human beings have a lot of guilt
- Guilt is an emotional reflex to a violation of conscience
- Unresolved guilt in your life has huge implications
- Our society has abandoned the Christian approach to guilt and now there is an abundance of unresolved guilt

### Our biggest spiritual challenge: think about your relationship with guilt

- Stories of guilt

### Why do followers of Jesus carry around so much guilt?

#### 1. What should your relationship with guilt be as a follower of Christ?

- **Romans 8:1-2** (NASB2020) *"Therefore there is now no condemnation at all for those who are in Christ Jesus. 2 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death."*
  - Guilt is an emotional reflex when we experience condemnation. **What is condemnation -- the belief that we don't measure up, that we fall short of the standard**

- **2 Corinthians 7:10** *“For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.”*
  - There are 2 types of sorrow: Kingdom sorrow and worldly sorrow. People living in the kingdom call this **conviction**; those living in the world are depressed
- **Colossians 2:14** *“...having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross.”*
  - It was a written standard that caused us to feel guilt all the time
- **Hebrews 8:12** *“For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more.”*
- **Hebrews 10:22** *“...let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.”*
  - God’s plan is to remove your guilt

## 2. How do I know if I have unresolved guilt?

- Risky behavior
  - **Ephesians 4:19** *“... and they, having become callous, have given themselves up to indecent behavior for the practice of every kind of impurity with greediness.”*
- Defensiveness
  - **Ephesians 4:25** *“Therefore, ridding yourselves of falsehood, speak truth each one of you with his neighbor, because we are parts of one another.”*
- Gossip
  - **1 Timothy 3:11** *“Women must likewise be dignified, not malicious gossips, but temperate, faithful in all things.”*
- Divisiveness: the creating of sides and recruiting people to join your side
  - **Proverbs 6:19** *“A false witness who declares lies, And one who spreads division among brothers.”*
- Blaming: A sign of a guilty conscience is when you are constantly trying to find someone or some thing that is the cause of your suffering
- Feeling like a victim
  - **1 John 5:5** *“Who is the one who overcomes the world, but the one who believes that Jesus is the Son of God?”*
- Bearing false witness -- forming opinions without evidence
  - **Proverbs 6:19** *“A false witness who declares lies, and one who spreads division among brothers.”*

### 3. In order to change your relationship with guilt, focus on your SALVATION

- **SALVATION** (being redeemed, born again, adopted) does something to you: it **changes your relationship with God**
  - You move from **OUTSIDE the kingdom** to **INSIDE the kingdom**
    - **Outside** the kingdom you can believe there is a God, but that is like living outside the walls of a kingdom: you know it's there, you know there's a king. On occasion, you reap the benefits of what the king is doing in his kingdom, but you are not a citizen, you are an alien
    - **When you are REDEEMED**, you are no longer an alien but a citizen: you were adopted into the family. This changes your relationship, not only with God, it changes your relationship with the world.
      - As a non-citizen, you were friends with the world
  - Your **relationships** change -- you love people, value people but are not controlled by people's expectations of you or manipulated by them
  - Your relationship with **work** changes -- you love to work, be productive, create value, be on a team, make a contribution, but it doesn't control you, it isn't the measure of your value, it doesn't produce worry or anxiety
  - Your relationship with **sexuality** changes -- you enjoy it, love it, understand its purpose in the right context. If you're not controlled by it, it doesn't define you, and you can't be manipulated through it
  - Your relationship with **yourself** changes
    - I used to live outside the kingdom; now I live inside
    - I used to think that way; now I think this way
    - I used to value that; now I value this
    - Even though I live in the Kingdom now, sometimes I think like my old self, which, of course, turns me upside down
- **SALVATION now becomes the work of SANCTIFICATION**
  - **1 Thessalonians 4:3-7** *“For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; 4 that each of you know how to possess his own vessel in sanctification and honor, 5 not in lustful passion, like the Gentiles who do not know God; 6 and that no one violate the rights and take advantage of his brother or sister in the matter, because the Lord is the avenger in all these things, just as we also told you previously and solemnly warned you. 7 For God has not called us for impurity, but in sanctification.”*
    - The issue is **not more holy** but **more valuable**. The greatest misperceptions about sanctification, which is God's will for your life, is that you be holy like Him. This makes some sense because God is holy and perfect; therefore, imperfect things cannot be in His presence.

- It is important to know that this is what Jesus has already done. When you come to Jesus, you were clothed in His righteousness, not your own. Therefore, as Paul tells the Thessalonians, **the point of sanctification is to be set apart and useful.** How can we be useful when we are weighed down by guilt? How can we be useful when we spend our time focusing on our failures, our regrets, and our shortcomings
  - The will of God is that you be sanctified. The meaning of the word is “set apart in order to be useful.” The process of sanctification has an intent: the goal is that you become more useful, more valued
    - You become more valuable to yourself -- this is called joy
    - You are more valuable to your spouse
    - You are more valuable to your friends and family
    - You are more valuable to your neighborhood and your community
    - You are more valuable to the world
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## DISCUSSION QUESTIONS

1. When you experience guilt, how does it affect you physically or emotionally?
2. What things on the list of signs for unresolved guilt stand out to you?
3. What work do you believe Jesus wants to do in you to resolve guilt, and why?