

## **OVERCOMER: OVERCOMING GUILT & SHAME**

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**Guilt** is how we feel about our actions and what we've done.

**Shame** is how we feel about ourselves and who we are.

### **Philippians 3:13-14 NLT**

*No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.*

- Shame comes when we are deceived.

### **Genesis 3:1-13 NLT**

*The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" "Of course we may eat fruit from the trees in the garden," the woman replied. "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" "You won't die!" the serpent replied to the woman. "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. Then the Lord God called to the man, "Where are you?" He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." "Who told you that you were naked?" the Lord God asked. "Have you eaten from the tree whose fruit I*

*commanded you not to eat?” The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.” Then the Lord God asked the woman, “What have you done?” “The serpent deceived me,” she replied. “That’s why I ate it.”*

- Shame causes us to cover ourselves.
- Shame causes us to hide.
- Shame causes us to fear.

## **5 Ways to Overcome Guilt & Shame:**

### 1. Conviction

#### **Romans 8:1 NKJ**

*There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.*

#### **John 3:16-17 NKJ**

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.*

### 2. Confession

#### **1 John 1:9 NIV**

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

### 3. Repentance

#### **2 Peter 3:9 NIV**

*The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

#### 4. Forgiveness

##### **Psalm 103:12 NLT**

*He has removed our sins as far from us as the east is from the west.*

- Seek God for forgiveness.
- Seek to be forgiven by others. (whether they give it to you or not)
- Seek to forgive others. (whether they deserve it or not)
- Forgive yourself.

#### 5. God's grace

##### **Titus 3:3-7 NLT**

*Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. But— When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Savior. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.*