

Sunday Morning | April 23, 2017



A WORD OF COMPASSION

LUKE 23:27-37 (NASB)

TRUTH: The first word of Christ from the Cross was a word of compassionate forgiveness.

TRUTH: Guilt produces fear, and fear destroys joy in living.

I. THE MISTAKES WE MAKE WITH GUILT

1. We hide it.

TRUTH: You can deal with your past but you can't hide your past; it won't stay hidden (Psalm 32:3-5 NLT; Proverbs 28:13 GN).

TRUTH: Eventually an unconfessed past will catch up with you.

2. We deflect responsibility.

TRUTH: We often use blame to balance our guilt (Proverbs 19:3 NCV).

3. We punish ourselves.

TRUTH: Sometimes it's what we eat that makes us sick, but other times it's what's eating us (Psalm 38:4, 6 NIV).

II. GOD'S DIRECTIVE ON GUILT.

1. Confess it (Proverbs 27:8).

TRUTH: To stop defeating myself I must stop deceiving myself.

2. Own it (Psalm 51).

INSIGHT: Guilt after confession indicates lack of healing (James 5:16 LB).

CONFESSION DIRECTIVE: Confess your sin only to a friend who will love you unconditionally.

RESTATE: To be forgiven, confess your sin to God; to be healed, confess your sin to a friend.

INSIGHT: I am as sick as my secrets, and the more I hide, the more I hurt.

3. Seek forgiveness (1 John 1:9 PH).

INVITATION TRUTH: Because we are human forgiveness is our greatest need.

The pathway:

1. Confess your guilt to God.
2. Own total responsibility; don't blame others.
3. Ask forgiveness.
4. Confess it to a friend who loves you in order to be healed.