

GETTING RID OF GUILT

Ish 1:18, John 3:17, 2 Corth 5:21

- Geoff Medley's "story" Mark – Chpt 17
- We've all done things we regret ~ **fire in** an **AF building** ... **destroyed** an **antique**
 - As a consequence we experience guilt ... which many find very uncomfortable
 - Bible has something to say to us @ **Getting Rid of Guilt** ~ **Psm 51**
- One of the few psalms we're told of its **context** - **read it** [2 Sam Chpt 12]
 - **David's** sins of adultery and murder ... were exposed by Nathan
 - **David** is crushed w/ guilt ~ he feels separated from God by his acts
 - In the **51st Psalms** he shares **3** steps for getting rid of guilt

FIRST -{PP}- **ADMIT YOUR SIN ... SPECIFICALLY**

- David knows to get rid of his guilt ~ he must take personal responsibility for his sin
 - **Psm 51:1 - 3**
 - **Trilogy of Sin:** [1] my transgression; [2] my iniquity; [3] my sin ~ these terms accurately describe **our** inappropriate behaviors as well
 - **Vs 2/3** ... David takes responsibility for his sins - he knows he **can't** play the blame game - like **Adam/Eve** in the Garden
 - David is very specific about **who's** responsible & guilty of his sins
- When we admit our sin ~ not only must we take personal responsibility for it ...
 - ... but we have to be very specific about the exact sinful behavior
 - **For example** – in **V2**, the word we translate as **iniquity** literally means perversion ~ it describes an act which deviates from God's standard
 - Here David is referring to his sexual relationship w/ Bathsheba
 - David calls his behavior **sin** in V 3 - **1 John 3:4** (describes rebellion @ God)
 - **EV 372:** *The honest seeker after Truth will not plead ignorance of the law as an excuse for (their) transgression. Light was within (their) reach. God's Word is plain, and Christ has (encouraged us to) search the Scriptures. (An honest seeker respects) God's law as holy, just, - good, and ... repents of (their) transgression.*

- **To get rid of our guilt** ~ we must admit our sin *specifically*
 - Really **not** effective to just pray: *Lord, forgive me of all my sins*
 - Not only do we need to admit our sin specifically ... we must also acknowledge against **WHOM** we've sinned
 - **Psm 51:4 a**
- David realizes his selfish behaviors have hurt many people ...
 - David used his position as King to take advantage of **Bathsheba**
 - Then ... he made her a widow ~ and also deceived her into marrying her husband's murdered
 - David also knows he robbed **Uriah** of his life
 - *But more importantly ...* **David realizes his sins are against God**
 - Every sin violates God's Law ... and shows a lack of love for the Lord
 - **John 14:15**
 - To **Jesus** ~ **we express love for God - thru obedience**

TRANS - To get rid of our guilt ... we must admit our sins specifically, and:

SECOND -{PP}- ASK FOR FORGIVENESS ... CONFIDENTLY

- **Psm 51:1**
 - Because of "God's loving kindness" ~ David knows he can never do anything bad enough to cause God to stop loving him
 - Loving kindness is an unchangeable characteristic of God - **Jer 31:3**
- David committed adultery and was responsible for killing a man ...
 - ... but he knows **God** still **loves him** and wants to **forgive** him
 - When **we** sin - the Satan whispers to us: *God doesn't love you anymore*
 - But that's a satanic lie ... **God's love is everlasting**
 - Our forgiveness is solely based on **God's love** and **mercy**

- **Psm 51:1** also tells us **WHY** GOD never stops loving us ... even when we sin:
 - It is because of the **multitude** of His **tender mercies**
 - Therefore ... David makes a great prayer in **V 7 – 11** (**7**: **un-sin** me)
 - **V7** has greater impact when we understand context of: **hyssop**
- Word itself refers to a small bushy aromatic plant of the mint family ~ in Biblical times ... it was often used as a brush
 - First time this **hyssop** is used in Scripture is - **Exodus 12:22**
 - 1st born in homes displaying the blood on their doors were passed over
- When David prays: “**purge me with hyssop**” - he asking God to: *Cleanse him with the blood of an innocent sacrifice*
 - At this point ~ Jesus hasn’t gone to the Cross ~ so David must trust in the blood of a spotless lamb ... which foreshadowed the Sacrifice of Jesus
 - However – we can trust in the shed blood of **the Savior** - **1 John 1:7**
 - Greek word we translate as **cleanses** literally means = *to make clean from blemish* { **sinner**s become like an **unblemished lamb** }
- When we confess our sins to God - He promises to cleanse us from **all** unrighteousness
 - **Conditional promise**: **If** we confess ... **then** God will take away **ALL** unrighteousness ~~ but there’s more good news
 - **Jer 31:34** ... *last sentence*
 - God completely wipes out all record in Heaven of our confessed sin ... He makes it as if we **NEVER** sinned
 - We don’t have to feel guilty about something that **never** happened
- Want to point out another significant aspect of **David’s prayer** in **Vs 7 – 11**
 - **Sequence** of petitions ~ match the promises shared in **Ezek 36:25 – 27 (Y)**
 - David asks for **cleansing** ~ a pure **heart** ~ and a steadfast **spirit**
 - **Perhaps a great example to follow !**

TRANS - To get rid of our guilt we must: Admit our sins - specifically,
Ask for God's forgiveness -confidently,
AND ...

THIRD -{PP}- ACCEPT A FRESH START ... IMMEDIATELY

- Let's refocus on David's prayer in **Psm 51:7 – 8 a** ~ the **Clear Word**:
 - *Sprinkle me w/ hyssop dipped in blood and I WILL BE clean. Wash me and I WILL BE whiter than snow. Let joy and gladness bubble up w/in me ...*
 - **V8 b** ... can be seen David as asking for God's help to forgiving himself
- Taking this third step in getting rid of guilt ... ***forgiving ourselves*** ... is a very hard thing for most of us to do
 - To accept God's gift of a fresh start ~ H.S. will help us obey - **Ish 43:18, 19 a**
 - 43rd Chpt of Isaiah expresses God's Love for us ... and His Faithfulness
 - But here God also make some challenging ***demands*** ...
 - But somewhere I remember reading something like: ***I can do all things through Christ ... who strengthens me***
- Look at David's prayer request in - **Psm 51:10**
 - **Hebrew Word** we translate as **create** here ... is the same word used in **Gen 1:1**
 - Word describes what **ONLY GOD** can do → → create something where there was nothing ... and ... create a clean heart in a sinner like us
 - David asks God to: *renew a right spirit within him*
 - David knows he needs God's help not to sin again ... **a truth which applies to us as well**
 - We can ask God for cleansing ~ a pure heart ~ and a steadfast spirit to resist the temptation to sin again

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CONCLUSION

Adult **Closing Hymn** ~ #