

## Hope When Life Hurts: Hope for Guilt & Shame

Wylie United Methodist Church

Pastor Jeff Hatcher – March 13, 2022

### Romans 7:15-25, 8:1-2

15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16-17... 18 I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For what I do is not the good I want to do; no, the evil I do not want to do — this I keep on doing. 20-21... 22 For in my inner being I delight in God's law; 23 but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. 24 What a wretched man I am! Who will rescue me from this body of death? 25 Thanks be to God — through Jesus Christ our Lord!... 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

We can overcome guilt & shame if we...

### 1. **RECOGNIZE THE SOURCE OF GUILT & SHAME**

Genesis 2:25 (before the fall)

25 The man and his wife were both naked, and they felt no shame.

Genesis 3:8-10 (after the fall)

8 Then the man and his wife ... hid from the Lord God among the trees of the garden. 9 But the Lord God called to the man, "Where are you?" 10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

John 16:8

8 "When [the Holy Spirit] comes, he will convict the world of guilt in regard to sin and righteousness and judgment."

We can overcome guilt & shame if we...

### 2. **REALIZE BY GOD'S GRACE WE ARE NOT CONDEMNED**

Romans 8:1-2

1 THEREFORE (since you have been rescued by Jesus Christ), there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

Galatians 2:20

20 I have been crucified with Christ and I no longer live, but Christ lives in me...

Isaiah 53:10

10 Yet it was the Lord's will to crush him and cause him to suffer, and ... the Lord makes his life a guilt offering...

John 8:32,36

(Jesus said) 32... "you will know the truth, and the truth will set you free." 36 "So if the Son sets you free, you will be free indeed."

We can overcome guilt & shame if we...

### 3. **REJOICE THAT WE ARE LOVED EXTRAVAGANTLY**

1 John 3:1

1 How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!