

Baggage Part 2: The Baggage of Guilt

(Matthew 11:28 GW) "Come to me, all you who are tired from carrying heavy loads, and I will give you rest."

(Genesis 2:25 NIV) "The man and his wife were both naked, and they felt no shame."

The Baggage of Guilt

✓ When you have painful regret.

(Acts 7:54-58 NIV) "When they heard this, they were furious and gnashed their teeth at him. But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God and Jesus standing at the right hand of God. "Look," he said, "I see heaven open and the Son of Man standing at the right hand of God." At this they covered their ears and, yelling at the top of their voices, they all rushed at him, dragged him out of the city and began to stone him. Meanwhile, the witnesses laid their clothes at the feet of a young man named Saul."

✓ When you hold on to it.

(Psalm 38:4 NIV) "My guilt has overwhelmed me like a burden too heavy to bear."

✓ When you don't allow God to forgive and cover your sins.

(Hebrews 10:2, 12, 17 NLT) If they could have provided perfect cleansing, the sacrifices would have stopped, for the worshipers would have been purified once for all time, and their feelings of guilt would have disappeared...

Grace Over Guilt

(Romans 5:16-17 NLT) The result of God's gracious gift is very different from the result of that one man's sin. For Adam's sin led to condemnation, but God's free gift leads to our being made right with God, even though we are guilty of many sins. For the sin of this one man, Adam, caused

death to rule over many. But even greater is God's wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ.

1. It changes how you relate to God.

(Hebrews 12:2 NIV) "Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame."

2. It changes how you relate to people.

(Romans 8:1 NIV) "Therefore, there is now no condemnation for those who are in Christ Jesus."

3. It changes how you are used by God.

(Psalm 18:35 NIV) "You give me your shield of victory, and your right hand sustains me; you stoop down to make me great."

(Galatians 5:1 NIV) "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."