

MONSTERS INSIDE ME

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?”
Jeremiah 17:9 (NLT)

“The words that come out of your mouth come from your heart. And they are what make you unfit to worship God. Out of your heart come evil thoughts, murder, unfaithfulness in marriage, vulgar deeds, stealing, telling lies, & insulting others.”
Matthew 15:18-19 (CEV)

The Gigantic Guilt Monster

Guilt says: _____

Prescription: _____

Complications of Confession:

We use our confession _____ to support our sin _____

1. I convince myself that I _____

“If we say that we have not sinned, we are fooling ourselves, we make God a liar and his message isn’t in our hearts.” 1 John 1:10

I must be open to the _____

“Look deep into my heart, find out everything I am thinking. Don’t let me follow evil ways...” Psalm 139:23-24 (CEV)

Remember _____ is not the same as _____

Conviction is a _____, Guilt is a _____

“Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as their personal Lord and Savior].” Romans 8:1 (AMP)

2. I convince myself that _____

“If we confess our sins to God, God can always be trusted to forgive us and take our sins away.” 1 John 1:6-9 (CEV)

When I decide what can/can’t be forgiven, _____

“How much worse punishment do you think is deserved by the person who walks all over God’s Son, who acts as if the blood of the covenant that made us holy is just ordinary blood?”
Hebrews 10:29 (CEB)

3. I convince myself that I only _____

“Therefore, confess your sins to one another, and pray for one another, that you may be healed and restored.” James 5:16 (AMP)

Most of our confessions are _____ No _____

“If you bring your gift to the altar and there remember that your brother or sister has something against you, leave your gift at the altar and go. First make things right with your brother or sister and then come back and offer your gift.” Matthew 5:23-24

We have made confessions about _____ and not about a _____

“When a man or a woman wrongs another, breaking faith with the LORD, that person incurs guilt & shall confess the sin that has been committed. The person shall make a full restitution for the wrong..., and giving it to the one who was wronged.” Numbers 5:6-7 (NRSV)

When I only confess to God and not those I offend it allows me to be a _____

OVERCOMING THE GUILT & SHAME OF SIN

“Finally I confessed all my sins to you and stopped trying to hide my guilt. I said to myself ‘I will confess my rebellion to the LORD’ and You forgave me! All my guilt is gone!” Psalm 32:5 (NLT)

Proper Confession Steps

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

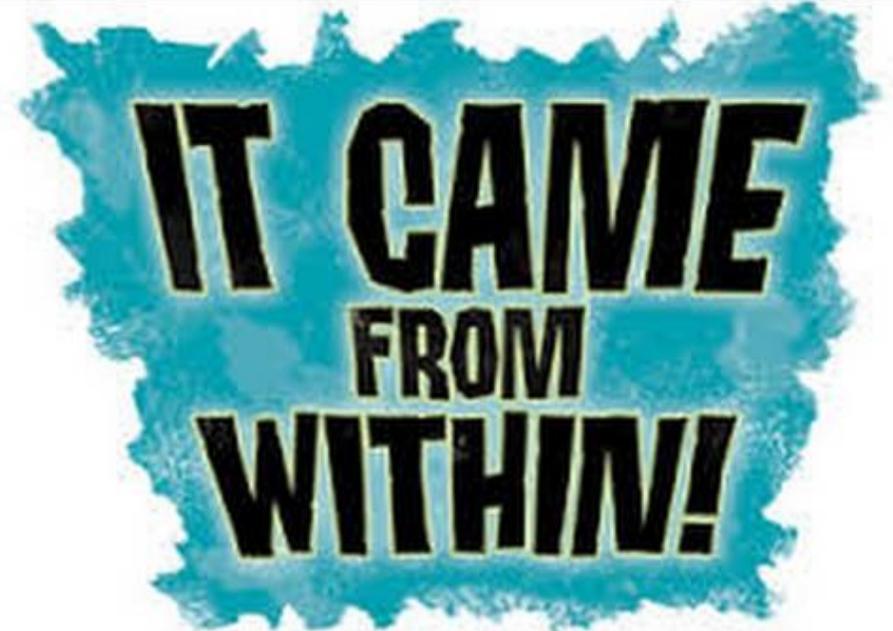
If you're a Christian carrying guilt around it is because you are not taking advantage of what Jesus Christ did on the cross!

There is an enemy within us trying to destroy our hearts. That is why the Bible so often refers to spiritual battles, standing strong, fighting evil, putting on armor and guarding our hearts.

“Guard your heart above all else for it affects everything that you do and determines the course of your life.” Proverbs 4:23

“So let us come near to God with a sincere heart. Let us come near boldly because of our faith. Our hearts have been sprinkled. Our minds have been cleansed from a sense of guilt.” Hebrews 10:21-23 (NIRV)

Foothills Methodist Church making disciples of Jesus Christ



“How to Overcome Guilt” Defeating the destructive enemy of your heart

Pastor Brad Chesebro

October 10, 2021

9:00am & 10:30am Worship

Foothillsunitedmethodist.org