

# Confessing Our Guilt

From Brokenness to Blessing #4 - Pastor Gary Combs - August 27, 2023 - Matthew 5:6; Psalm 32

**INTRO:** (Ryan Mathison testimony video) Good morning church! We are continuing our series entitled, “**From Brokenness to Blessing.**” The series is based on the eight blessings or beatitudes that Jesus declared in His Sermon on the Mount. These eight blessings of Jesus turn worldly wisdom upside down!

This week we’re looking at the 4th beatitude:

Matthew 5:6 (ESV) Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

To be “blessed” means to be supremely happy, completely content. Blessed to the max (*macro*)! In other words, Jesus said that those whose greatest desire is to be right with God, to get relief from their guilt before Him and be right with Him, they are those who are truly happy and content.

As we look back over the previous beatitudes, we see how we have come to this step:

- “Blessed are the poor in spirit” - We admit our brokenness. We admit we are powerless and need help.
- “Blessed are those who mourn” - We release our grief to God, believing He has the power to help.
- “Blessed are the meek” - We surrender our control to God, committing our way to Christ.

Now in this step, having committed our lives to Christ, we have a new desire. We hunger and thirst to always be right with God, doing His will. We want to please God, but still have sin areas that cause us to feel guilty and defeated or past sin areas that we still feel guilty about. This robs us of living the blessed life, the happy life.

**What is guilt?** It’s that feeling of shame and regret we feel over a sinful attitude or behavior. It can be appropriate guilt when we are indeed responsible for an offense and feel remorse for it. Or it can be false guilt when we feel responsible for something that we had no control over, yet still feel we could’ve prevented in some way. Guilt feels heavy, like baggage that we carry with us. It fills us with shame and regret.

**ILL:** Remember what Ryan said, “I never really knew how to deal with the baggage that I was carrying with me. The feelings I had. I just wanted to forget about it. But God wanted to deal with it. There was stuff I was just holding on to inside, like I had a big wound, but I wouldn’t let God touch it. As a result, I didn’t grow, I never got healing. I think it was because I was still ashamed. Ultimately, I found myself in a very dark place. I didn’t know if I even wanted to be alive anymore.”

**Need:** According to the American Psychiatric Association (APA), “Guilt is a little-discussed but common symptom of depression.” Popular symptoms of clinical depression like anxiety, stress, grief, low self-esteem are well known. But guilt is one of those hidden symptoms of depression and unhappiness that people often don’t consider.

You might know guilt best as the nauseating twist in your stomach that accompanies the knowledge you’ve hurt someone else. Perhaps you also deal with recurring self-judgment and criticism related to your memories of what happened and your fear of others finding out. And it’s that fear that causes us to cover it up and try to hide it. And when we try to hide it, it keeps eating at us and growing in weight... until for some of us, we can no longer bear it.

Psychiatrists say that probably 70% of the people in the hospital for clinical depression could leave today if they knew how to resolve their guilt. And unresolved guilt is an addiction trigger. It can keep us enslaved.

**Trans:** Some will try to help us deal with our guilt by trying to convince us that we shouldn’t feel guilty. But the Bible tells us that the reason we feel guilty is because we are guilty! But it also tells us how to give it to God!

**BODY:** In David’s Psalm 32, he described how confessing his guilt led to living under God’s blessing. We can understand how confessing our guilt leads to living under God’s blessing. How can we understand that confessing our guilt leads to living under God’s blessing? The text gives **three ways** that confessing our guilt leads to living under God’s blessing.

**Read text:** Psalm 32:1-5 (ESV) <sup>1</sup> Blessed is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. <sup>3</sup> For when I kept silent, my bones wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah. <sup>5</sup> I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.

# Confessing Our Guilt

From Brokenness to Blessing #4 - Pastor Gary Combs - August 27, 2023 - Matthew 5:6; Psalm 32

## HOW CONFESSING OUR GUILT TO GOD BRINGS BLESSING:

### 1. Because it acknowledges God's provision for our sin guilt.

**EXP:** (1-2,5) First, take note of v.5. "I acknowledged my sin to You [God]." Then look at vv1-2. David knew where to find true happiness and blessing— it is in knowing that God no longer "counts" (2) you guilty.

"Blessed" (1,2) (אֶשֶׁר 'eshér) - Lit., "How happy!" Blessed, happy.

"Transgression" (1,5) (פְּשָׁעָה peshá) - rebellion, sin, transgression, trespass.

"Sin" (1,5) (חַטָּאת chăṭâ'âh) - an offence, or a sacrifice for it:—sin (offering).

"Forgiven" (1,5) (נָשָׂא nâsâ) - to lift, to carry (away), to forgive, pardon.

"Covered" (1,5) (כָּסָה kâçâh) - to cover (for clothing or secrecy):—conceal, cover, hide.

"Counts" (2) (חָשַׁב châshab) - to regard, consider, count, reckon.

"Iniquity" (1, 5) (רָעָה 'âvôn) - perversity, fault, iniquity, sin. Also, by implication, "guilt."

Psalm 32:1-2 (NLT) Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of **guilt**, whose lives are lived in complete **honesty!**

"Deceit" (2) (רַמְיָה rêmîyâh) - false, guile, deceit, dishonest.

**Acknowledged** (5) (יָדָע yādâ) - to know, recognize, admit, acknowledge.

**ARG:** **We are all sinners. Have you acknowledged that you are a sinner?**

Romans 3:23 (NLT) For everyone has sinned; we all fall short of God's glorious standard.

**Take a personal moral inventory. Ask God to search you.**

Psalm 139:23-24 (NLT) Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

**Trust Jesus as God's provision for our sin!**

Romans 6:23 (ESV) For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

**ILL:** God can help you tell the difference between appropriate guilt and false guilt. The Holy Spirit will convict you when you sin. That feeling is appropriate guilt and it can help energize you to acknowledge it. But there is a guilt that I felt after my mother died that was hard to trace to an offense. It was a feeling of asking myself, "Did I spend enough time with her? Did I do enough to help her?" Feelings of regret. I had to bring those feelings to God and to God's people for help. And I finally felt the blessing of freedom of regret.

**APP:** Will you acknowledge first of all that you are a sinner and guilty before God, but also that God has made a provision for your sin through faith in Christ Jesus? Knowing that God has made provision gives us the courage to take a personal moral inventory of our lives.

### 2. Because it no longer hides from our responsibility for sin.

**EXP:** (3-4, 5) Look at v.5 again, circle "I did not cover my iniquity." "I stopped trying to hide my guilt, trying to keep it a secret." Because look at how it feels when David tried to hide his guilt... (3-4)

**Did not cover** (5) (כָּסָה kâçâh) to cover (for clothing or secrecy):—conceal, cover, hide. "Did not hide."

"**When I kept silent**" (3) - When I tried to hide my sin... "my bones wasted away through my groaning all day long." Remember "hunger and thirst?" This is hunger. David hungered to be right with God.

# Confessing Our Guilt

From Brokenness to Blessing #4 - Pastor Gary Combs - August 27, 2023 - Matthew 5:6; Psalm 32

“Day and night” (4) - He felt a heaviness as if God’s hand pressed down on him convicting him. His “strength was dried up as by the heat of summer.” David was thirsting to be right with God.

**ARG:** You can’t hide from sin guilt.

Numbers 32:23 (ESV) Behold, you have sinned against the Lord, and be sure your sin will find you out.

**When we try to conceal sin we don’t succeed, but we can confess them to God for relief.**

Proverbs 28:13 (NLT) People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

**ILL:** - Remember how Adam and Eve acted after their sin? They tried to “cover” their nakedness and hide from God. That’s our natural response to guilt— we try to cover it up and hide it.

- Secret sins have more power over us because we sin all the more in lying, blaming others, and trying to hide them. They give Satan a foothold to accuse us. Their power comes from the secret, from the darkness. Bring them into the light and take responsibility for them. Tell a trusted believer about your struggle. And all of a sudden the secret that’s been making you sick, stops making you sick, because you start sharing it. Remember, be specific. The secret you want to conceal the most is the one you need to reveal the most because that’s the one keeping you from experiencing God’s grace and freedom.

**APP:** We can’t really hide our guilt. It’s like your shadow, you can’t run from it. It always follows. Unless you stop trying to cover it up and take responsibility for it, and then confessing it to God.

## 3. Because casting it upon the Lord sets us free from guilt!

**EXP:** (5) Look at v5 again. Circle “I will confess.” David decided to come clean before the Lord. He was tired of feeling guilty. And the Lord forgave him and cleared his guilt.

**Confess (5)** (יָדָהּ *yâdâh*) - Lit., to use the hand to throw (a stone, an arrow) at or away; to bemoan (by wringing the hands):—cast (out), (make) confess(-ion). This is more than acknowledgement of sin, this is casting it upon the Lord for forgiveness. I have this sin debt and I’m bankrupt. I’m trusting Jesus to pay it.

**ARG:** Putting our sin guilt on Him was taught by the example given in Aaron and the scape goat.

Leviticus 16:21 (ESV) And Aaron shall lay both his hands on the head of the live goat, and confess over it all the iniquities of the people of Israel, and all their transgressions, all their sins. And he shall put them on the head of the goat and send it away into the wilderness

**Confessing, we put our guilt upon Jesus. He is the sacrifice for our sin guilt. We are healed!**

1 Peter 2:24 (ESV) He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

**ILL:** Remember how Ryan ended his testimony? “My family is able to see me living in victory now. Where I was a slave before. There’s nothing that God wants me to hold on to. There’s not a wound that he doesn’t want to heal. There’s nothing that He doesn’t want to restore. You’re never too far gone!”

**APP:** Will you confess your sins to the Lord, casting them upon Jesus who took your sin, your guilt, your death and offers His righteousness, eternal life and adoption into God’s family. He sets us free!

**CONCLUSION:** ReNot acknowledging our guilt, trying to cover it up, feeling the heaviness of shame and regret, these keep us under bondage. Even those that are believers in Jesus can still hang on to guilt and shame and as a result they don’t feel the freedom, the restoration, the recovery that God wants to give them.

# Confessing Our Guilt

From Brokenness to Blessing #4 - Pastor Gary Combs - August 27, 2023 - Matthew 5:6; Psalm 32

This is where our **Celebrate Recovery** ministry comes in. It's a place where you can spend time with other believers who are learning to CONFESS THEIR GUILT to God and one another and to get freedom. In **CR** we lead people through 8 steps to recovery. Here are the first four we've covered thus far:

## **R.E.C.O.V.E.R.Y.:** (8 principles based on the Beatitudes)

**Realize I'm not God.** I admit I'm powerless to control my tendency to do the wrong thing and my life is unmanageable. *This is the "reality" step. "I've got a problem. I need help."*

**Earnestly believe that God exists.** I believe that I matter to him and that he alone has the power to help me recover. *The "hope" step. "God's the answer."*

**Consciously choose to commit.** I commit all my life and will to Christ's care and control. *The "commitment" step. "I'm giving my life to Jesus"*

**Openly examine and confess my faults.** I confess my sins to God, to myself, and to someone I trust. *The Housecleaning Step. "I'm casting my sin, my shame, my guilt on my Savior Jesus Christ!"*

Will you confess your guilt to the Lord today and experience His blessing on your life? And having done so, will you decide to get real with other believers about your own hurts, habits, and hangups in one of our Community Groups or in our Celebrate Recovery ministry?

Will you ...

- 1) Acknowledge your need for God's provision?
- 2) Stop hiding and take responsibility for your sins and struggles?
- 3) Confess them to God for forgiveness and healing?

Let's pray.