

*Discovering and confronting  
the Spiritual Roadblocks  
in our lives.*



# What are they?

- > Anything that delays/slows the growth of your faith
- > A nagging area of doubt or confusion
- > Something that is blocking your understanding of God's purposes



**GUILT**



# Guilt ::

## “Heathy Guilt” ...

- > Keeps us away from what we know we should stay away from
- > Motivates us to do what we already know we should be doing



# Guilt ::

## “Unheathy Guilt” ...

- > Overwhelms us with a destructive view of our self image
- > Robs us of all joy in life



# Guilt ::

**Princeton defines guilt as ...**

- 1) the state of having committed an offense (breaking the law)
- 2) the remorse or shame caused by that action



# Guilt ::

Scripture defines guilt as ...

- 1) the act of violating the law of God
  - Leviticus 4 ... areas of guilt
  - Leviticus 5 ... restitution + 20%



# Guilt ::

Scripture defines guilt as ...

1) the act of violating the law of God

“... for all have sinned and fall short of the glory of God ...”

*Romans 3:23*



# Guilt ::

Scripture defines guilt as ...

2) the presence of “Godly sorrow”

- 2 Corinthians 7:8-11

“Godly sorrow brings repentance  
that leads to salvation  
and leaves no regret ...”

*2 Corinthians 7:10*



# Guilt ::

The distorted view of guilt is  
condemnation ...

- > A continual dwelling on your past
  - sins
  - good intentions



# Guilt ::

**The distorted view of guilt is condemnation ...**

- > Its source is typically
  - yourself
  - other misguided people
  - Satan & his agents



# Guilt ::

The distorted view of guilt is  
condemnation ...

- > Can easily lead to
  - low self image
  - spiritual confusion



# Guilt ::

**My greatest concern about our guilt:**

- > That it will keep us in a state of “Spiritual Neutral”
  - Reverse: dealing with our past
  - Forward: preparing for our future
  - Neutral: going no where!



# The Cure ::

## Breaking the bondage of guilt ...

Step 1: determine it's origin

Step 2: If it's legitimate (from God)

- acknowledge & confess it as sin
- embrace His grace



# The Cure ::

## Breaking the bondage of guilt ...

Step 1: determine it's origin

Step 2: If it's condemnation

- remind yourself of your innocence
- forget about it



# The Cure ::

Jesus went to the Mount of Olives. At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group



# The Cure ::

and said to Jesus, “Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?” They were using this question as a trap, in order to have a basis for accusing him.



# The Cure ::

But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, “If any one of you is without sin, let him be the first to throw a stone at her.” Again he stooped down and wrote on the ground.



# The Cure ::

At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, “Woman, where are they? Has no one condemned you?”



# The Cure ::

**“No one, sir,” she said.  
“Then neither do I condemn you,”  
Jesus declared. Go now and leave  
your life of sin.”**

John 8:1-11 (NIV)



# The Cure ::

The path to a guilt-free journey ...

- > pursuing a better understanding of God and His ways.
- > follow His leading.



# The Cure ::

**“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.**

**For my yoke is easy and my burden is light.”**

Matthew 11:28-30 (NIV)





OP

ROAD  
BLOCKS