



Jesus Over Everything - Week 4: Guilt and Shame

2021 Scripture:

He [Jesus] existed before anything was made, and now everything finds completion in him. He is the Head of his body, which is the church. ...he is the most exalted One, holding first place in everything.

Colossians 1:17-18 (TPT)

• **GUILT** says, "I did _____."

Then I let it all out; I said, "I'll come clean about my failures to God." Suddenly the pressure was gone — my guilt dissolved, my sin disappeared.

Psalms 32:5 (MSG)

• **SHAME** says, "I _____."

Two Sources of Guilt and Shame:

1) The _____ I've _____.

...there is no soundness in my bones because of my sin. My guilt has overwhelmed me like a burden too heavy to bear.

Psalms 38:3-4 (NIV)

2) The _____ I've _____.

"...[The devil] was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."

John 8:44 (NIV)

The Either/Or choice:

• _____ or _____.

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

Proverbs 28:13 (NIV)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 (NIV)

Therefore confess your sins to each other and pray for each other so that you may be healed. ...

James 5:16 (NIV)

"But I warn you—unless your righteousness is better than the righteousness of the teachers of religious law and the Pharisees, you will never enter the Kingdom of Heaven!"

Matthew 5:20 (NLT)

• **Choose** _____ **forward.**

When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left. Jesus said, "Father, forgive them, for they don't know what they are doing." ...One of the criminals hanging beside him scoffed, "So you're the Messiah, are you? Prove it by saving yourself—and us, too, while you're at it!" But the other criminal protested, "Don't you fear God even when you have been sentenced to die? We deserve to die for our crimes, but this man hasn't done anything wrong." Then he said, "Jesus, remember me when you come into your Kingdom." And Jesus replied, "I assure you, today you will be with me in paradise."

Luke 23:33-34 & 39-43 (NLT)

"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.

1 Peter 2:24-25 (NIV)



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Colossians 1:17-18 (TPT)

• Guilt says, "I did SOMETHING BAD."

Then I let it all out; I said, "I'll come clean about my failures to God." Suddenly the pressure was gone — my guilt dissolved, my sin disappeared.

Psalms 32:5 (MSG)

• Shame says, "I AM BAD."

Two Sources of Guilt and Shame:

1) The THINGS I've DONE.

...there is no soundness in my bones because of my sin. My guilt has overwhelmed me like a burden too heavy to bear.

Psalms 38:3-4 (NIV)

2) The LIES I've BELIEVED.

"...[The devil] was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."

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The Either/Or choice:

• CONFESS or CONCEAL.

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• Choose THE WAY forward.

When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left. Jesus said, "Father, forgive them, for they don't know what they are doing." ...One of the criminals hanging beside him scoffed, "So you're the Messiah, are you? Prove it by saving yourself—and us, too, while you're at it!" But the other criminal protested, "Don't you fear God even when you have been sentenced to die? We deserve to die for our crimes, but this man hasn't done anything wrong." Then he said, "Jesus, remember me when you come into your Kingdom." And Jesus replied, "I assure you, today you will be with me in paradise."

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