



Loosening the Grip of Guilt

¹⁷ "...Their sins and lawless acts I will remember no more." ¹⁸ And where these have been forgiven, there is no longer any sacrifice for sin. ¹⁹ Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, ²⁰ by a new and living way opened for us through the curtain, that is, his body, ²¹ and since we have a great priest over the house of God, ²² let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. ²³ Let us hold unwaveringly to the hope we profess, for he who promised is faithful.

Hebrews 10:17-23 (NLT)

Loosening The Grip Of Guilt:

1. Monitor your BEHAVIOR, but GUARD your heart.

²³ Above all else, guard your heart, for it is the wellspring of life.

Proverbs 4:23 (NIV)

⁴ Or did you think that because he's such a nice God, he'd let you off the hook? Better think this one through from the beginning. God is kind, but he's not soft. In kindness he takes us firmly by the hand and leads us into a radical life-change.

Romans 2:4 (MSG)

2. Recognize debt must be either REPAID or CANCELLED.

¹³ When you were stuck in your old sin-dead life, you were incapable of responding to God. God brought you alive - right along with Christ! Think of it! All sins forgiven, ¹⁴ the slate wiped clean, that old arrest warrant canceled and nailed to Christ's Cross.

Colossians 2:13-14 (MSG)

¹ Oh, what joy for those whose rebellion is forgiven, whose sin is put out of sight! ² Yes, what joy for those whose record the LORD has cleared of sin, whose lives are lived in complete honesty! ...

⁵ Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.

Psalms 32:1,5 (NLT)

3. Break the grip of guilt through CONFESSION.

⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9 (NIV)

4. Go to God for FORGIVENESS, and the right people for HEALING.

¹⁶ Confess your sins to each other and pray for each other so that you may be healed.

James 5:16 (NLT)



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