



“LOSING THE WEIGHT OF GUILT”

Psalm 32:1-11

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Christian Center of Salem
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“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”

Hebrews 12:1, NKJV

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light.”

Matthew 11:28-30, NLT

WHAT CAUSES GUILT?

Disobedience

“Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.”

Psalm 32:1-2, NIV

Verse 1: “Transgression” = willful disobedience

Verse 1: “Sins” = missing the mark

Verse 2: “Deceit” = to deviate from the proper path

WHAT ARE THE EFFECTS OF GUILT?

1. Guilt destroys our confidence

“The wicked are edgy with guilt, ready to run off even when no one’s after them; honest people are relaxed and confident, bold as lions.”

Proverbs 28:1, Message

2. Guilt destroys our relationships

“Day and night your hand of discipline was heavy on me.”

Psalm 32:4a, NLT

3. Guilt damages our bodies

“When I refused to confess my sin, I was weak and miserable, and I groaned all day long...My strength evaporated like water in the summer heat.”

Psalm 32:3, 4b, NLT

HOW DO I LOSE THE WEIGHT OF GUILT?

1. Stand on God’s Promises

- The promise of forgiveness

“Finally, I confessed all my sins to you and stopped trying to hide them...and you forgave me! All my sin is gone.”

Psalm 32:5, NLT

- The promise of protection

“For you are my hiding place; you protect me from trouble. You surround me with songs of victory.”

Psalm 32:7, NLT

- The promise of guidance

The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you.”

Psalm 32:8, NLT

- The promise of unfailing love

“Many sorrows come to the wicked, but unfailing love surrounds those who trust the Lord.”

Psalm 32:10, NLT

2. Confess

“But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong.”

1 John 1:9, NLT

3. Live in the reality of God’s grace

“And since we have a great priest over the house of God, 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.”

Hebrews 10:21-22, NIV