

The First Sunday in Lent ~ Sunday, February 14, 2016
“Famous Last Words ~ The Word of Forgiveness”
Ephesians 2:1-10

Jesus uttered 7 powerful statements that not only reveal His _____, but also give us a glimpse into the depth of His _____ for our redemption.

“Then Jesus said, ‘Father, forgive them; for they do not know what they are doing.’” (Luke 23:34)

We may have not been standing by the cross that first Good Friday, but we were there, as our _____ was placed on _____.

“...the Lord laid on him the iniquity of us all.” (Isaiah 53:6)

guilt =

“My guilt has overwhelmed me. Like a heavy load, it is more than I can bear.” (Psalm 38:4)

Guilt is what we experience when we _____ and are aware of it—that awful feeling of having missed the _____ or failed; the regret of disappointing _____ and/or other people.

Guilt can be a healthy emotion when _____ dealt with.

Guilt can drive us to _____—it can bring us to the point where we’re willing to _____, _____, and receive _____.

Our feelings of guilt can be used by God to bring _____ and _____.

“But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. It is only by God’s grace that you have been saved!” (Ephesians 2:4-5)

WHAT WE USUALLY DO WITH OUR GUILT

#1. _____ it.

“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 32:3-5)

- _____ it—we say; “It wasn’t that big a deal.”

- _____ - This is simply _____ to yourself—trying to convince yourself with your _____ what’s right, even though you know it’s wrong in your _____.

- _____ - In order to alleviate our guilt, we lower our _____, change the _____, or _____ Scripture to suit ourselves. We blur the lines between _____ and _____, black and white and say that sin is no longer sin—that there’s nothing wrong with what we’ve done.

“There is a way that seems right a person, but its end is the way to death.” (Proverbs 14:12)

“People who conceal their sins will not prosper...” (Proverbs 28:13)

#2. _____ others.

It’s so easy for us to blame all our _____ and bad _____ on other people—our parents, spouse, the other guy at work—even God.

“One’s own folly leads to ruin, yet the heart rages against the Lord.” (Proverbs 19:3)

The truth is, we make our own _____, and no one else is _____ for our guilt.

#3. _____ ourselves up.

We get stuck in the _____—in what we did wrong—and are unable to live in _____ way in the present or have any _____ for the future.

We deny ourselves _____ and happiness, and often feel _____, _____, and _____.

Studies show that unresolved guilt leads to all kinds of _____ and _____ problems.

“Because of your anger, my whole body is sick; my health is broken because of my sins. My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.” (Psalm 38:4-6)

WHAT GOD WANTS US TO DO WITH OUR GUILT

Step #1. _____ it.

“If we say we have no sin we deceive ourselves and the truth is not in us...” (1 John 1:8)

“The Lord gave us a mind and a conscience. We cannot hide from ourselves.” (Proverb 20:27)

“To stop defeating myself I must stop _____ myself.”

Are you deceiving yourself?

What are you pretending isn't a problem in your life?

“Let us examine our ways and test them.” (Lamentations 3:40)

A Personal Moral Inventory

- What are the things in my life that are blocking fellowship with you?
- Where have I strayed from your path?
- Why don't I feel close to you anymore?
- What's the stuff between me and my spouse or me and my kids?
- What's the stuff between me and the people I work with?
- What are my sins, failures, and mistakes?”

Step #2. Accept _____.

“Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against you, you alone, have I sinned, and done what is evil in your sight...” (Psalm 51:1-4)

One of the best ways to accept responsibility is to _____ the things we've done with another _____.

“Admit your faults to one another and pray for each other so that you may be healed.” (James 5:16)

Scripture is clear—if we want to be forgiven for the stuff we've done wrong, all we need to do is tel _____.

If we want to be healed of the negative emotions and the sense of _____ that may linger even after confessing to God—if we want to be set _____, we need to _____ another person.

Step #3. _____ for forgiveness.

“If we freely admit that we have sinned, we find God utterly reliable...” (1 John 1:9)

We can trust God's _____—we can trust that He _____ to forgive us.

WHAT GOD DOES WITH OUR GUILT

• He forgives us _____.

“God says he will accept and acquit us, declare us not guilty if we trust Jesus Christ to take away our sins, no matter who we are or what we have been like.” (Romans 2:23)

• He forgives us _____.

“Let us come boldly to the throne of our gracious God and there we will receive his mercy and we will find grace to help us when we need it.” (Hebrews 4:16)

• He forgives us _____.

“I'll wipe the slate clean for each of them. I'll forget they ever sinned!” (Jeremiah 31:34)

“He has removed our sins as far from us as the east is from the west.” (Psalm 103:12)

Forgiveness is all about trusting God's _____, freely given to us in Jesus.

It doesn't matter what we've done—what matters is what Jesus has already _____ for us.



Are you carrying a burden of guilt and shame that you can't seem to get rid of? Have you tried to confess it, but still don't feel forgiven?

The only place you're going to find true freedom is _____. Only God has the power to _____ all the things that we've done in our lives.

“No matter how deep the stain of your sin I can take it out. I can make you clean as freshly fallen snow.” (Isaiah 1:18)

Jesus died on the cross for you—have you received His word of forgiveness?

“**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!**” (Psalm 32:1-2)