

Overcoming Temptation: Putting Your Past Behind You

How to Say No to a Stubborn Habit by Erwin Lutzer (pages 35-46)

Introduction:

I. The Consequences of Guilt

- A. Physical illness is often caused by suppressed guilt. (Psalm 31:10; 32:3-4)
- B. Unresolved guilt causes depression. (I Kings 19:1-4)
- C. Guilt is often the cause for lack of faith in God. (I John 3:21; 2 Peter 1:9)
- D. Guilt causes people to punish themselves. (Luke 15:17-19)
- E. Guilt often causes people to do good works. (Luke 18:9-14)

II. Principles for Handling Guilt

- A. Identify the cause of your guilt feelings. (Psalm 51:3-4)
- B. Realize that God's remedy for sin is complete. (Colossians 2:13)
- C. Experience the healing of all personal relationships. (Matthew 5:23-26)
- D. Accept God's abundant grace. (I Corinthians 15:9-11)

III. Conclusion – Suggested Application (page 46)

- A. Psalm 32 is an account of how David felt when he tried to hide his sin. List the effects of unconfessed sin mentioned in verses 3-5.
- B. Think of actions for which we often feel guilty because we cannot forgive *ourselves*. How can we know whether our guilt is brought about by ourselves or by God?
- C. Reread the account of the Fall of Genesis 3. What evidence is there that Adam and Eve felt guilty when God came to them? What characteristics of guilt are found in the record? What was God's response to their need?
- D. Once we have confessed our sins, we must continually thank God for His pardon.
- E. Memorize these verses and recite them as an expression of praise to God for His forgiveness: Psalm 32:1-2; Romans 8:33-34; I John 1:9.