

18 June 2017

Shame, Guilt and Regret



Beauty for Ashes – Isaiah 61:1-7– Part 1 of 6

The Ugly Brokenness of Man – The Beautiful Restoration of God

1. **Shame, Guilt & Regret (3 Best friends of Despair)**
2. Anger Bitterness (Formula for Destruction)
3. Anxiety Stress Depression (The life blood of Failure)
4. Addictions (Grasping for Nothing)
5. Parenting (A Grace Filled Experience)
6. Marriage (Total Sacrifice)

Five mistaken behaviours (barriers) that are common among those who struggle with past sins:

Barrier 1: _____ of God's _____ Forgiveness

(Acts 2:21, John 1:9, 1 John 1:7)

“What I have done is too bad. I know that God is forgiving, but I cannot be forgiven for this.”

Barrier 2: _____ and _____ as my Punishment

(Isaiah 53:4, 5)

“I must punish myself for my sins in order to be forgiven and try to live as a better person.”

Barrier 3: _____ - I Don't Like Me

(1 John 1:9-12)

“I know that God has forgiven me and loves me, but that doesn't matter. I still hate myself.”

Barrier 4: _____ that the _____ of my Sin is Judgement *(Romans 5:8-11)*

“Because I am still suffering the effects from my sin, God must not have forgiven me yet.”

Barrier 5: _____ directed at God

(Psalm 115:3, 30:1-3)

“God has allowed too much suffering into my life; I am angry at God for what He has done.”