

## Sermon Notes 12.10.17

The False Gospel of Guilt & Shame: Impact of Guilt & Shame  
Matthew 27:3-5 & John 21:5-17

### The Problem of Guilt and Shame

Guilt and shame are two of the most toxic things in our culture today. While they are prominent in the church, they are not of God. They are inconsistent with the character and nature of Jesus. Shame may be the most dangerous thing in our culture today. It destroys individuals, relationships and communities. Shame is manipulative and self-perpetuating. The cycle of guilt and shame can be difficult to break. Shame is not Biblical, healthy or effective.

	<b>Truth (Gospel of Jesus)</b>	<b>Lie (Guilt &amp; Shame)</b>
<b>Character</b>		
<b>Feeling</b>		
<b>Response</b>		
<b>Motivator</b>		
<b>Emotional Result</b>		

**Your Notes:**

## **Pastor Marcus' Notes & Slides:**

- At the heart of the false gospel of guilt and shame is the evil one who seeks to steal life from us and destroy us from the inside out. Make no mistake, the evil one is the author of guilt and shame, and both guilt and shame are favorite tools of the evil one. The purpose of a loving God is to bring us love, joy, health and life in abundance.
- The Triune God is the God of love and acceptance, much like the father in the story of the prodigal son. God sees, loves and accepts us as we are and God sees, loves and accepts us for all we could be.
- Guilt is a feeling. Guilt is a focus on what we have done wrong, the ways in which we have sinned, failed or have shortcomings that have caused failure, hurt and pain. In guilt, we are stuck in our mistakes and often continue to punish ourselves for our shortcomings or the things we have said and done wrong.
- Nowhere in the Gospel of Jesus are we called to allow our sin to define us. Guilt is the idea that we must feel bad for our sins, mistakes and shortcomings not only in the moment, but over and over again.
- Guilt is an abusive relationship where we are the abused and the abuser.
- Remorse. If guilt is the feeling that our sins define us, then remorse is the feeling that recognizes our sins, mistakes and shortcomings for what they are, sins, mistakes and shortcomings. Remorse is the feeling of contrition, sadness or regret for something.
- Guilt is a feeling, shame is an identity. In embracing shame and its lies, we are embracing something that is toxic. In embracing shame, we allow our sins, mistakes and shortcomings to define not only who we are, but our worth as human beings.
- The opposite of shame is repentance. It is also the antidote to shame, God's way out of shame and the path to forgiveness, health and life for us all. The word repent means 'to turn' or to 'turn around.'
- Shame leads to despair. Repentance leads to hope.
- Motivation is a powerful thing. It dictates our actions, priorities, preferences, performance, character, decisions and much more. When you embrace the false gospel of guilt and shame, you become motivated primarily (and sometimes entirely) by fear.
- Fear has more than one opposite, both love and trust are opposites to fear as well as solutions and antidotes to fear. Trust is and should be the motivator when we live in the truth of the Gospel of Jesus, the narrative of God's unconditional love and grace.
- The outcome of embracing the lie that is the false gospel of guilt and shame is simple: pain.
- This second path, this path of God, the path of truth is centered on emotional wholeness, but it is also rooted in forgiveness.

## **Other Notes**