

How To Overcome Guilt, Shame and Rejection
Guilt, Shame, Rejection
4346

I. Guilt

- A. Sin vs. guilt (Is. 53:10)
 - 1. Sin is objective; guilt is subjective
 - 2. Guilt is what you feel inside because of your sin
- B. Causes of guilt:
 - 1. Often a failure in your past
 - 2. A religious background emphasizing sin, but not salvation
 - 3. Parents who were critical and condemnatory
- C. Satan's main weapon against Christians
 - 1. Conviction (Holy Spirit) vs. guilt (Satan)
 - a. Conviction brings repentance
 - b. Guilt brings hopelessness
 - 2. Rev. 12:10—Satan is “the accuser of the brethren.” Accuses us day and night to make us feel guilty.
- D. Remedy: Rev. 12:11
 - 1. They (believers) overcame him (Satan) by the blood of the lamb (Jesus) and by the word of their testimony
 - 2. They were totally committed and did not love their lives to the death
 - 3. We must follow either the Lamb or the Beast
- E. To apply the remedy we must know what the *Word* says about the *blood*
 - 1. Eph. 1:7—Redeemed (bought back) from slavery
 - a. Respectable slaves or not is determined by the purchaser
 - b. Ps. 107:2—Let the redeemed say so
 - 2. 1 John 1:7—Cleansed from sin but this is conditional:
 - a. “IF” we walk in the light
 - b. “IF” we have fellowship one with another
 - c. Continuing present tense: continually being cleansed
 - d. The blood does not cleanse in the dark
 - 3. Rom. 5:9—Justified: acquitted, not guilty, reckoned righteous, made righteous, “just-as-if-I’d” never sinned
 - 4. Heb. 13:12—Sanctified: Made holy
 - a. Set apart to God
 - b. Set apart from sin
 - 5. Eph. 2:12–13—Brought near to God
 - 6. Heb. 10:19–22—Boldness/confidence to enter the holiest into the immediate presence of God

II. Shame

- A. Definition:
 - 1. Not fit to look someone in the face—somehow “naked”
 - 2. Averted, lowered eyes
 - 3. A feeling of being not worthy
- B. How it comes:

1. Public humiliation—often in school
Covered up by being aggressive, overactive
2. Sexual abuse (especially parents, family members)
- C. Remedy: Jesus on the cross
 1. Heb. 12:2—Endured the cross, despising the shame
 2. Is. 50:6—Did not hide His face from shame
 3. Is. 52:14—Many astonished (appalled) by His sight—He lost the appearance of a man
 4. Is. 53:3—Despised and rejected by men
- D. The result: Instead of shame, double honor (Is. 61:7)

III. Rejection

- A. Definition:
 1. Being on the outside looking in
 2. Never feeling loved
 3. Feeling that others can, but I can't
- B. Causes:
 1. Greatest single cause: No love from parents, especially father
 2. Unwanted in pregnancy, i.e., born during the Great Depression (1929)
 3. Divorce (abandonment) (Is. 54:6, NIV)
 4. Peers—physical deformity, being “different”
- C. Remedy: Jesus on the cross
 1. Is. 53:3—Despised and rejected by men (John 1:11)
 2. Ultimate rejection: by Father (Mt. 27:45–46)
 3. Matt. 27:50–51—Died of a broken heart; caused by rejection
- D. Our portion
 1. Eph. 1:3–6—Accepted (highly favored) in the Beloved (Jesus)
 2. John 17:25–26—God is my Father; I am as dearly loved by God as Jesus was.
 3. 1 Tim. 1:5 (NASB)—The goal of our instruction: *Love*