

## When You Feel Guilty, Are You?

If you are struggling with guilt, rather than suppress, excuse, blame, or distract yourself from it, pay attention to your heart. Ask yourself questions like,

- Is there something I want so badly I'm willing to sin to get it?
- What is at the root of this – for example, am I concerned/afraid of what others think of me?
- Am I in fact guilty of the very thing I feel guilt over?
- Am I guilty of unbelief – not trusting God's character (His sovereignty, goodness, love, etc.)?
- Do I think I can earn my standing before God?
- Do I think I deserve better?
- Am I harbouring bitterness or unforgiveness?

Here are some examples of times we may feel guilty, along with sin we may be guilty of.

- I received a promotion or acknowledgement at work and my coworkers didn't. Now I feel guilty.
  - Are you guilty of fearing man and what they may be thinking of you (that you aren't deserving, jealous, etc.). We must fear God, not man. (Prov. 29:25)
  - Are you guilty of taking all the acknowledgement rather than recognizing your team members? (Philippians 2:3)
- My house is a mess and I didn't clean today when I had time to. Now I feel guilty.
  - Are you being a good steward of the home God has given you? (1 Cor. 14:40)
  - Are you guilty of being lazy? (Proverbs 6:6)
  - Are you afraid of what others will think of you? (John 5:44)
- I noticed some garbage on the floor that wasn't from me. I thought to pick it up and throw it out, but I didn't. Now I feel guilty.
  - If you noticed it and walked by, and your conscience pricked you that you should pick it up, you should have. (Romans 2:14-16)
- I just overindulged in a lot of junk food. Now I feel guilty.
  - Are you treating your body as a temple of the Holy Spirit, and being a good steward of it? (1 Corinthians 6:19-20)
- I wasted a lot of time at work today watching YouTube. Now I feel guilty.
  - Would this be considered time theft from your employer? Are you working hard as unto the Lord? (Exodus 20:15, Colossians 3:22-24)
- A family member passed away and I feel guilty about their death.
  - Are you trusting in the sovereignty of God – His goodness in this death? Are you responding biblically, or in unbelief? (John 9:1-2)
- I was sharing some things with a friend about someone in my small group. I didn't say anything that's not true, but now I feel guilty.
  - Were you honoring the absent? Speaking words that build up, not words that tear down? (Ephesians 4:29)

We can all find things in this list that we have done at one point or another. The wonderful thing about our greatest problem – that we are guilty sinners – is that God provided the solution. Through repentance and faith in Christ, we can make much of Him by using even our sin to point to the gospel and remember that we are saved by faith alone, through grace alone, in Christ alone.