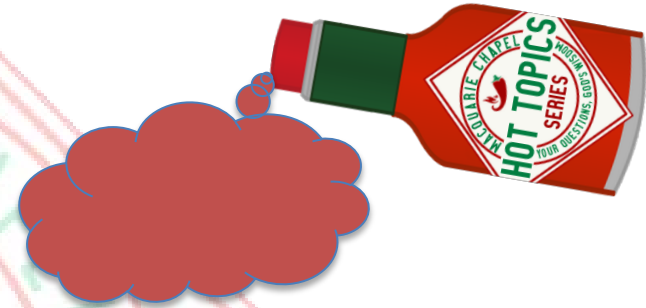


# Hot Topics – Three

## “Trusting God”

Psalm 103:8-18





**What is on the table today?**

“Why do I still feel guilty when I know I have been forgiven?”



Guilt:

*“emanates as a response to one’s behaviour as it affects the emotional state of another, and it tends to develop in most children around the age of three to four.”*

Curt Thompson

But, are we really talking about guilt?



Shame:

*“the painfully acute awareness that something is wrong with me. It is the felt sensation of deep inadequacy. Shame is not simply an acknowledgement of perceived facts but rather an emotionally expressed and experienced phenomenon... shame can develop in children as young as eighteen months of age; some researchers suspect even sooner.”*

Curt Thompson



Forgive:

-stop feeling angry or resentful towards (someone) for an offence, flaw, or mistake.

-no longer feel angry about or wish to punish (an offence, flaw, or mistake).

-cancel (a debt).

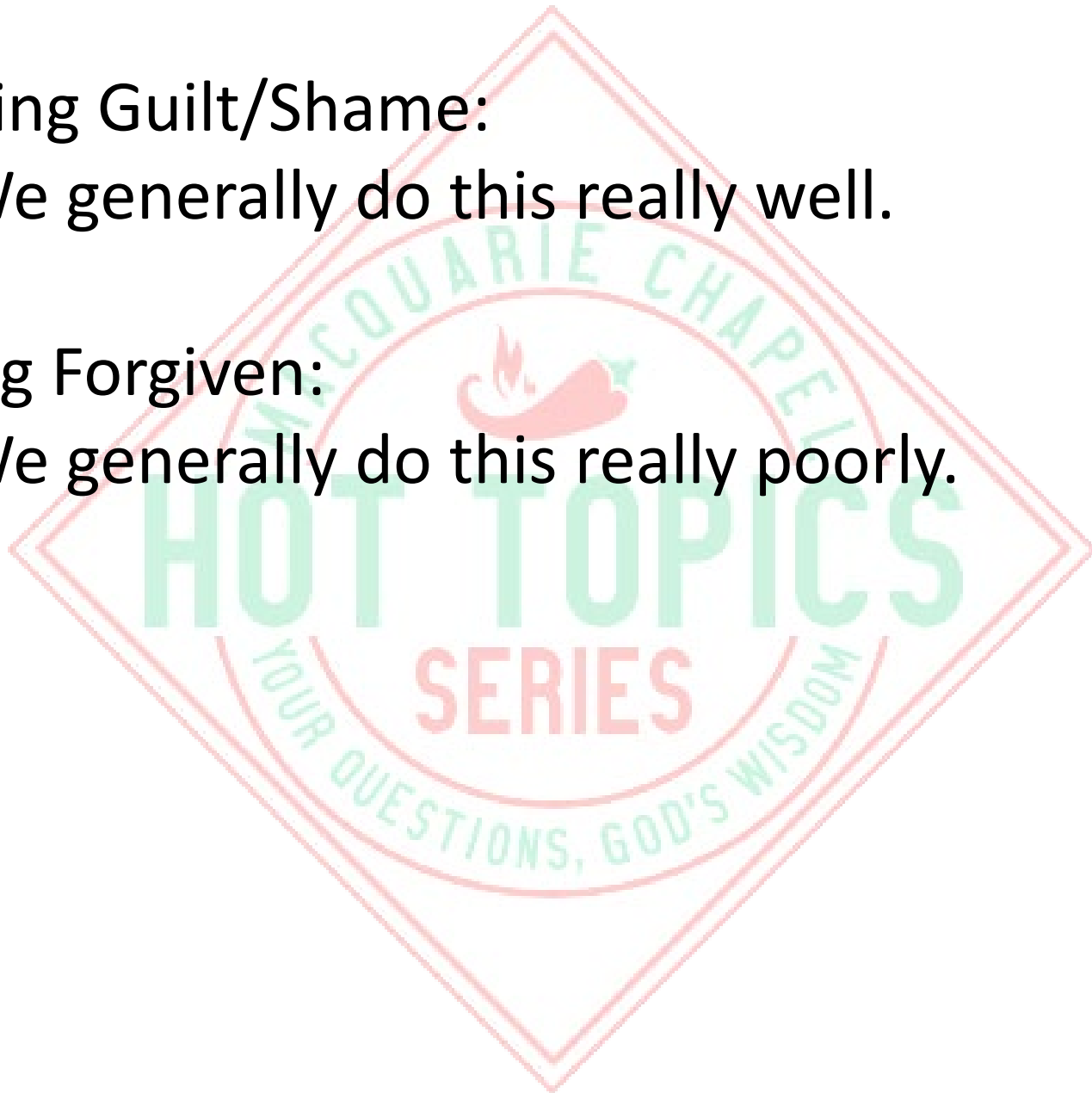


Feeling Guilt/Shame:

We generally do this really well.

Being Forgiven:

We generally do this really poorly.





## 1 – You are forgiven

*“Yehweh is sheer mercy and grace; not easily angered, he’s rich in love. He doesn’t endlessly nag and scold, nor hold grudges forever. He doesn’t treat us as our sins deserve, nor pay us back in full for our wrongs.”*

The Message



1 – You are forgiven

*“As high as the heaven is over the earth, so strong is his love to those who fear him. And as far as sunrise is from sunset, he has separated us from our sins.”*

The Message

We are forgiven.





1 – You are forgiven

*“Once you were alienated from God and were **enemies in your minds** because of your evil behaviour. But now he has reconciled you by Christ’s physical body through death to present you holy in his sight, without blemish and **free from accusation.**”*

Colossians 1:21-22

In spite of what might be happening in our minds, we are free from guilt.



2 - We are forgiven by someone who knows who we really are...

*“He knows us inside and out, keeps in mind that we’re made of mud. Men and women don’t live long; like wildflowers they spring up and blossom... Yahweh’s love, though, is ever and always, eternally present to all who fear him.”*

The Message



2 - We are forgiven by someone who knows who we really are...

*“God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*

Romans 5:8

HOT TOPICS  
SERIES

YOUR QUESTIONS, GOD'S WISDOM



3 - Reasons we continue to feel guilty...

a – Grace is unfair. It goes against our internal desire for justice to be served – even on ourselves.

We need to let go of the fact that we can earn grace. That is called a wage.



### 3 - Reasons we continue to feel guilty...

b – A current response based on implicit memories.

*“Research in marriage and family therapy suggests that approximately 80 percent of the emotional conflict between couples is rooted in events that pre-date the couple knowing each other.”*

Curt Thompson

We need to be mindful of bringing our past into the present.



### 3 - Reasons we continue to feel guilty...

c – A Private Faith.

We all have autobiographical memories that are deeply experiential.

-as guilty/shamed

-as forgiven

It can help to know and tell our story.

*“Humans’ ability to tell stories... is a crucial part of how our minds connect us to God and others.”*

Curt Thompson

What is your story (30 sec. testimony)?

Went from:

Striving for connection

Three mums & two dads

Legalistic performance based acceptance

An explosive father

Went to:

A spiritual home in a Father where

I belong and I am loved

Where the table is always set with love and grace



**Finding our story... our place at the table.**

