

July 19, 2020

A Path to Freedom from Sin: Freedom from Guilt and Shame

Luke 18:9-17

Step 4: We made a searching and **fearless** moral inventory of ourselves.

Step 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Unless we have done steps 1-3 we will be full of fear as we approach confession. God loves us and is ready to heal us and help us become who we were made to be.

Shame prone - Is about our identity - Who are we? - Useful tool of all idols, empires, slavery to sin and addictions. We can't forgive who someone is and who someone is comes from their Maker.

- We often fight shame with shame. - cuts off connection.
- Some go to self-hatred - sends us to sin, victimhood, and addiction.

Guilt prone - Is about what we do and how we learn - What do we have to learn? - Essential tool of discipleship. We need to know and forgive everything that happens while we learn to Live and Love like our Lord.

- There is true and false guilt.
- We can help one another when sharing guilt. - embarrassment

We need to be good at guilt and grace. We need to stop shaming and judging.

"I am a beloved child of God no matter what happens."

"I am here to **get** it right and not **be** right."

Call BS - Bogus Shame!

Claim TLC - True Love Cure - for Guilt (forgiveness) and Shame (real identity) -