



From Guilt to Grace
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June 9/10, 2018

'Guilt and shame' is one of those things that is often unspeakable. Guilt says, "you have done something wrong" whereas shame says, "you are what's wrong." Jesus not only spoke on shame, but He bore our shame by blowing the lid right off the unspeakable and doing the unimaginable, by dying for us at a very costly price.

Then the man and his wife heard the sound of the Lord God as He was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid. And He said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" Genesis 3:8-11 (NIV)

Guilt and shame at its core is relational.

Guilt says I have done something wrong whereas shame says I am what is wrong.

"All new news is old news happening to new people."— Malcolm Muggeridge

So how do we get over it? What is my part and God's part?

1. Watch the narrative because God rewrites the story.

Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! 2 Corinthians 5:17 (NIV)

2. Embrace your failures because they're a great teacher.

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Corinthians 7:10 (NIV)

My people are broken—shattered!—and they put on Band-Aids, Saying, 'It's not so bad. You'll be just fine.' But things are not 'just fine'! Jeremiah 6:14 (MSG)

"People often choose the lesser pain and end up with the greater failure." — Ed Stetzer

3. Surrender your shame because He nailed it to the cross.

You know Jesus allowed Himself to be nailed to the cross so you could stop nailing yourself to a cross.

Challenge and Invitation

1. Embrace vulnerability by practicing confession and repentance.

"Shame needs three things to grow exponentially in our lives: secrecy, silence, and judgment." — Brene Brown

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 (NIV)

Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16 (NIV)

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Hebrews 4:15 (NIV)