

OVERCOMING GUILT & SHAME

ROM 8:1-4



WHAT IS GUILT?

- The fact or state of having committed an offense, crime, violation, or wrong, especially against moral or penal law (Dictionary.com)
- A feeling of worry or unhappiness that you have because you have done something wrong, such as causing harm to another person (Cambridge Dictionary)

WHAT IS CONDEMNATION?

- The act of declaring something awful or evil; the condition of being strongly disapproved of (Vocabulary.com)
- The act of condemning something or someone (Cambridge Dictionary)
- Declared to be reprehensible, wrong, or evil; pronounced guilty and sentenced to punishment (Merriam-Webster Online Dictionary).

There is no one righteous, not even one (Rom 3:10)

There is no one who does good, not even one (Rom 3:12)

All have sinned and fall short of the glory of God (Rom 3:23)

¹⁹ Now we know that whatever the law says, it says to those who are under the law, so that every mouth may be silenced and the whole world held accountable to God. ²⁰ Therefore no one will be declared righteous in God's sight by the works of the law; rather, through the law we become conscious of our sin. ²¹ But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify.



²² This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, ²³ for all have sinned and fall short of the glory of God, ²⁴ and all are justified freely by his grace through the redemption that came by Christ Jesus.

Rom 3:19-26

²⁵ God presented Christ as a sacrifice of atonement, through the shedding of his blood—to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished—²⁶ he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus.

Rom 3:19-26

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. ¹⁸ Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

John 3:16-21

¹⁹ This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. ²⁰ Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. ²¹ But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

John 3:16-21

And are being justified freely [acquitted and declared free of the guilt of sin, made acceptable to God, and granted eternal life] as a gift by His [precious, undeserved] grace, through the redemption [the payment for our sin] which is [provided] in Christ Jesus.

Rom 3:24 (AMP)

Yet through his **powerful declaration of** acquittal, God freely gives away his righteousness. His gift of love and favor now cascades over us, all because Jesus, the Anointed One, has liberated us from the guilt, punishment, and power of sin!

Rom 3:24 (TPT)

SIMPLE OUTLINE OF ROMANS 8

1. Justification and sanctification

God saves and declares us righteous through Christ (8:1-13).

2. Adoption

God adopts us as His children and heirs (8:14-17).

3. Glorification

God will bring us to final glory (8:18-30).

4. Assurance

God assures that nothing can separate us from His great love (8:31-39).

¹ Therefore, there is now no condemnation [no guilty verdict, no punishment/separation/defeat] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior].² For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has set you free from the law of sin and of death.

Rom 8:1-4 (AMP)

³ For what the Law could not do [that is, overcome sin and remove its penalty, its power] being weakened by the flesh [man's nature without the Holy Spirit], God did: He sent His own Son in the likeness of sinful man as an offering for sin. And He condemned sin in the flesh [subdued it and overcame] it in the person of His own Son], ⁴ so that the [righteous and just] requirement of the Law might be fulfilled in us who do **not live our lives in the ways of the flesh** [guided by worldliness and our sinful nature], but [live our lives] in the **ways of the Spirit** [guided by His power].

Rom 8:1-4 (AMP)

Being "in Christ" = No condemnation

This "no condemnation status" is based on **Christ's death and resurrection**

If God has justified, sanctified and adopted us, who can condemn us?

Not the devil and his demons! Not people! Not ourselves!

Guilt is about behaviour and attitude.

Condemnation is about identity and belonging.

God wants to remind you today that:

If you confess your sins, He is faithful and just to forgive you and cleanse you from all unrighteousness (1 John 1:9)

He loves and accepts you and declares you righteous through Christ.

The devil will lie about your righteous status with God and condemn you.

There is now no condemnation in Christ Jesus, who walks not after the flesh but after the Spirit (Rom 8:1,4).

WHAT MUST YOU DO

Return to God with all your heart

Repent of your sins and wrongdoings

Release forgiveness to all who offended you **Rededicate** your life to God