

## What Should I Do With My Sense of Guilt?

Mark 1:15

(black Bibles page 836; Children's Bibles page 1210)

*Our sermon series is entitled, "I've got issues." Today we ask the very relevant but rarely asked question, "What should I do with my sense of guilt?"*

Two important disclaimers:

1. **There is a thing called false guilt.** But we're focusing on real guilt for real sin today.
2. **Guilt is not everything that matters.** You may also be an innocent sufferer, for instance. Still, our personal guilt is very important. See Romans 1:18-3:20.

RBO: Repent, Believe, and Obey

- Many Scriptures talk about the three things:
  - **"Repent and Believe** the good news!" –Jesus in Mark 1:15
  - **"Obey** everything I commanded you..." –Jesus in Matt 28:20
- Have a guilty conscience? Walk through RBO.
  - Express **repentance** in prayer to God, admitting the wrong, and how you refuse to justify yourself.
  - Express **belief** in prayer to God, knowing that He is quick to forgive, and God even gave Jesus to secure this. Know that God is your Father and He is cheering you on to growth.

- Express the willingness to **obey**, even making a plan to do so if necessary, because Christ is Lord and King and He knows what's best.

How countercultural is RBO?

- **"I don't believe in guilt**, I believe in living on impulse as long as you never intentionally hurt another person, and don't judge people in your life. I think you should live completely free."  
–Angelina Jolie

Do you have a vision for growth?

- Tough question: if you're forgiven, why does it matter...?

Why RBO is the key to growing as a person:

- Without [1] repentance? **Superficiality**. No depth of self-knowledge or character.
- Without [2] believing (the good news of Jesus)? **Moralism**. An exhausting treadmill with no good news... Despair or pride, too.
- Without [3] obeying? **Hypocrisy**. You don't really care about what you're doing.

What does this have to do with the Lord's Supper? Consider the B in RBO...

Questions for study and reflection:

1. Do you have a sense of guilt about something you did or didn't do lately? What is it? If you can't think of anything, pray for God to reveal any hidden sin. (Psalm 139:23-24) Now walk through RBO.
2. Which of the three parts have you been likely to leave out in your life? R, B, or O? What are the implications of this for you as a person?
3. Without the good news of Jesus, what does a person do with guilt?