
Is It Time To Get Off The Emotional Roller Coaster?

“Breaking The Grip Of Guilt”

Psalm 32:1-5

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Introduction: In 1994 John MacArthur authored “The Vanishing Conscience.”

1. Every human being has a conscience where we first experience guilt.
2. Like everything else in a broken world, how we experience guilt has been corrupted.
3. Guilt can be classified in two ways:
 - Objective
 - Subjective
4. Feelings of guilt can be real or imagined.
5. Dealing with guilt is complicated.
6. The answer to guilt is forgiveness.
7. Psalm 32 explains how we can break the grip of guilt.

I. Forgiveness Requires Confession

A. Before Confession

B. Biblical Confession

II. Forgiveness Results In Freedom

A. The Meaning Of Forgiveness

B. The Measure Of Forgiveness

Conclusion: We live in a post-modern, post-Christian, post-absolute, no-fault society where we are trying to eradicate guilt.

1. This creates conflict between our lifestyles and the image of God within us.
2. Guilt is real and can’t be explained away.
3. To break the grip of grace we must:
 - Surrender to God’s authority.
 - Seek His forgiveness.
 - Accept His freedom.