



Break Free from  
Guilt and Shame  
– Psalm 51



- ◇ Frustrated
- ◇ Confused
- ◇ Compassion
- ◇ Sad/ Grieved
- ◇ Glad

Good News... Stop living in your mess of  
guilt and shame!

God is willing to cleanse and restore you

Psalm 51 – David cries out to God  
after feeling guilt and shame after  
what he had done



Reflect on some ways we can break free  
from guilt and shame...





# Take Responsibility for our Mistakes

- ◆ **Psalm 51:3-4, 17** – I recognize my rebellion... Your judgment against me is just... You won't reject the repentant
- ◆ My handling of the situation was reflective of the young man's attitude
- ◆ **1 John 1:8-10** – If we say we have no sin... we deceive ourselves... call God a liar
- ◆ God's power and forgiveness are present when we take responsibility and humble ourselves before Him

**What choices do you  
need to take  
responsibility for today?**



**The price of  
greatness is  
responsibility.**

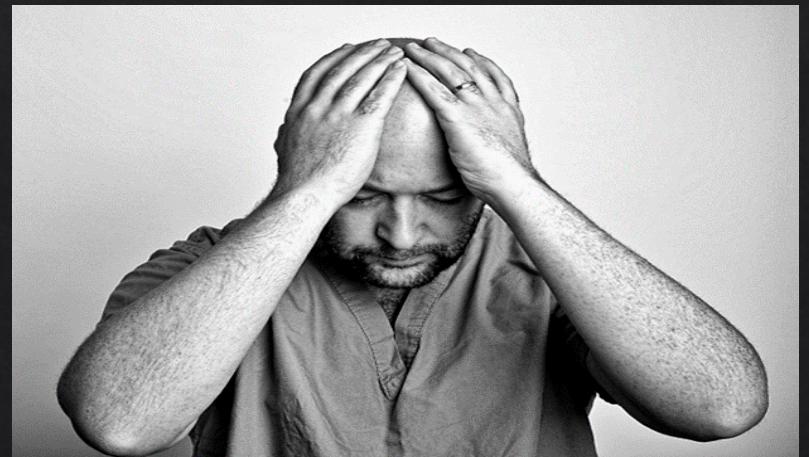
Winston Churchill



# Be Honest about the Impact of our Sin

- ◆ **Psalm 51:7-11** – give me back my joy again... remove the stain of guilt... do not banish me from Your presence
- ◆ The young man's mess could no longer be hidden; it was starting to expand its impact
- ◆ **Romans 1:28-32** – we often make excuses for our sin and encourage others to do likewise.
- ◆ We can't be free from that which we try to hide

**What price are you  
and others starting to  
pay for your choices?**



# Ask for Forgiveness and Accept Help

- ◇ **Psalm 51:12-15** – make me willing to obey You... I will teach your way to rebels... I will joyfully sing of your forgiveness
- ◇ I hope that young man felt relief, help, care, and that he spread that feeling to someone else
- ◇ **Galatians 6:1-2** – share each other's burdens... gently and humbly help each other back to the right path
- ◇ Shame is contagious... so is God's cleansing

**What help do you need  
from God today and who  
needs that as well?**





# Break Free from Shame and Guilt

- ◆ Recall the Goodness of God's Character
- ◆ Take Responsibility for our Mistakes
- ◆ Be Honest about the Impact of our Sin
- ◆ Ask for Forgiveness and Accept Help



# Final Thought

- ◆ Guilt/ Conviction – can be good things... alert us to when we have made a mistake that needs to be corrected.
  - ◆ But once we humble ourselves and ask for forgiveness, there is No Condemnation/ Lasting Shame for those in **Christ Jesus** – Romans 8:1-2
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- ◆ Some of us carry with us “False Guilt”...  
When wronged, abused, cheated on, and lied to...
- ◆ That is NOT our Fault... NOT our Guilt to Carry...  
for we each are responsible for our won conduct  
– Galatians 6:4-5