

Spirit

Emotional Rescue





Guilt



Psalm 32:1

¹Blessed is he whose transgressions are forgiven, whose sins are covered.



Psalm 32:2

**2 Blessed is the man whose
sin the LORD does not
count against him and in
whose spirit is no deceit.**



Psalm 32:3

³When I kept silent, my bones wasted away through my groaning all day long.





Psalm 32:4

4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

Selah



Psalm 32:5



⁵Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD”— and you forgave the guilt of my sin.

Selah

Guilt



1. The Struggle With Guilt

The Struggle With Guilt



**A. Guilt Creates An
Insecure Personality**

The Struggle With Guilt



**B. Guilt Creates
Relationship Problems**

The Struggle With Guilt



**C. Guilt Creates An
Unresolved Past**

Guilt



2. The Solution To Guilt

The Solution To Guilt



A. Confess To Yourself

The Solution To Guilt



B. Confess To God

The Solution To Guilt



C. Confess To Others

Romans 12:18

“If it is possible, as far as it depends on you, live at peace with everyone.”

