



**HE STILL MOVES STONES**  
**Week 5 ~ Guilt & Shame**

God's greatest blessings often arrive  
in the times of our greatest troubles.

**Guilt is actually a healthy and necessary step in our spiritual life,  
while shame is unhealthy and destructive.**

*How blessed is he whose transgression is forgiven, Whose sin is covered!  
How blessed is the man to whom the Lord does not impute iniquity, And  
in whose spirit there is no deceit! When I kept silent about my sin, my body  
wasted away Through my groaning all day long. For day and night Your  
hand was heavy upon me; My vitality was drained away as with the fever  
heat of summer. Selah. I acknowledged my sin to You, And my iniquity  
I did not hide; I said, "I will confess my transgressions to the Lord"; And  
You forgave the guilt of my sin. Selah. ~ Psalm 32:1-5*

**Guilt is an emotional response that arises when we realize we have  
done something wrong, whether morally, ethically, or legally.**

*If we say that we have no sin, we are deceiving ourselves and the truth is  
not in us. If we confess our sins, He is faithful and righteous to forgive us our  
sins and to cleanse us from all unrighteousness. If we say that we have not  
sinned, we make Him a liar and His word is not in us. ~ 1 John 1:8-10*

*... There is none righteous, not even one ...  
... for all have sinned and fall short of the glory of God ~ Romans 3:10b, 23*

*Wretched man that I am! Who will set me free from the body of this death?  
~ Romans 7:24*

*Thanks be to God through Jesus Christ our Lord! ... ~ Romans 7:25a*

*All of us like sheep have gone astray, Each of us has turned to his own way;  
But the Lord has caused the iniquity of us all To fall on Him. ~ Isaiah 53:6*

*For the wages of sin is death, but the free gift of God is eternal life in Christ  
Jesus our Lord. ~ Romans 6:23*

*But as many as received Him, to them He gave the right to become children  
of God, even to those who believe in His name ... ~ John 1:12*



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Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. ~ Romans 6:11-13

### **FIVE STEPS TO REMOVE THE STONE OF GUILT**

#### **1) CONFESSION —**

*I acknowledged my sin to You, And my iniquity I did not hide; I said, "I will confess my transgressions to the Lord"... ~ Psalm 32:5a*

#### **2) REPENTANCE —**

*Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord ~ Acts 3:19*

**METANOEO̅ - GREEK** ~ to change one's mind

**ANAPSUXIS - GREEK** ~ a recovery of breath

#### **3) RECEIVE FORGIVENESS —**

*If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. ~ 1 John 1:9*

*... And You forgave the guilt of my sin... ~ Psalm 32:5b*

#### **4) ACCEPT THE CONSEQUENCES —**

*Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. ~ Galatians 6:7-8*

#### **5) DO OUR BEST TO MAKE RESTITUTION —**

*Then the Lord spoke to Moses, saying, "Speak to the sons of Israel, 'When a man or woman commits any of the sins of mankind, acting unfaithfully against the Lord, and that person is guilty, then he shall confess his sins which he has committed, and he shall make restitution in full for his wrong and add to it one-fifth of it, and give it to him whom he has wronged. ~ Numbers 5:5-7*

*Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering. ~ Matthew 5:23-24*

*When I kept silent about my sin, my body wasted away Through my groaning all day long. For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer... ~ Psalm 32:3-4*

**GORDON MACDONALD** ~ We cannot expect to live healthily in the future when the baggage of the past keeps banging away at the trap door of our minds demanding attention.

Shame is a complex emotion that arises from feelings of deep personal inadequacy, dishonor, or embarrassment.

Shame is a feeling of being inherently flawed, and unworthy of love, acceptance or forgiveness.

**BRENÉ BROWN** ~ Shame corrodes the very part of us that believes we are capable of change... To live with shame is to not live at all. ... If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence, and judgment. ... The less you talk about shame, the more you have it.

God ALWAYS wants us to feel initial GUILT over our sinful actions.  
God NEVER wants us to feel SHAME.

### **FIVE STEPS TO REMOVE THE STONE OF SHAME**

#### **1) REMEMBER GOD'S LOVE —**

#### **2) CONFESS & REPENT IF NECESSARY —**

#### **3) PRACTICE SELF-ACCEPTANCE & SELF-COMPASSION —**

#### **4) SEEK HUMAN SUPPORT —**

**AA TRUISM** ~ You are only as sick as your secrets.

#### **5) SET HEALTHY BOUNDARIES —**