

CHRIST EMPOWERED

Freedom

1 John 3:18-24

Part 7

**In Order to Live Free,
You Must Rid Yourself of
Illegitimate Guilt and
Illegitimate Shame**

1 John 3:18

Dear children, let's not merely say that we love each other; let us show the truth by our actions.

1 John 3:19

Our actions will show that we belong to the truth, so we will be confident when we stand before God.

1 John 3:20

Even if we feel guilty, God is greater than our feelings, and he knows everything.

1 John 3:21

Dear friends, if we don't feel guilty,
we can come to God with bold
confidence.

1 John 3:22

And we will receive from him
whatever we ask because
we obey him and do the things
that please him.

1 John 3:23

And this is his commandment: We must believe in the name of his Son, Jesus Christ, and love one another, just as he commanded us.

1 John 3:24

Those who obey God's commandments remain in fellowship with him, and he with them. And we know he lives in us because the Spirit he gave us lives in us.

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Guilt *Defined*

The fact of having committed an offense or crime. A legitimate guilty feeling is the result of being convicted that you did something wrong.

Shame *Defined*

A painful emotion of humiliation or distress that is the result of believing your whole person is wrong. The belief that you are inferior or unworthy as a person.

Illegitimate *Synonyms*

**Counterfeit, False, Fraudulent,
Unnecessary, Unhealthy,
Unwarranted**

Illegitimate Guilt/Shame

- You feel guilty but do not know why. The reason is vague or hazy.**
- Has nothing to do with what is true or accurate.**
- Leads you towards self condemnation instead of conviction.**

Illegitimate Guilt/Shame

- **Cannot be solved through forgiveness or repentance.**
- **Rooted in a deep seeded insecurity.**
- **Can be a manifestation of a deeply seeded fear of rejection.**

Illegitimate Guilt/Shame

- **Leads to spiritual cataracts; it hinders you from seeing yourself and your relationship with God and others clearly.**
- **Is the result of overly critical and particularly harsh self-judgement.**

Illegitimate Guilt/Shame

- **Causes you to carry around unbearable burdens that no one can carry.**
- **Prevents you from giving others healthy doses of Vitamin N – “No”.**

Principle #1

Legitimate guilt and shame are gifts from God to help us find our way back toward what is right, and they help motivate us to change.

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Principle #1

Legitimate guilt and shame are gifts from God to help us find our way back toward what is right, and they help motivate us to change.

Principle #2

More often than not, illegitimate
guilt and illegitimate shame
are the byproducts of

False **E**vidence **A**ppearing **R**eal

1 John 3:20 - NLT

Even if we feel guilty, God is greater than our feelings, and he knows everything.

1 John 3:20 - NIV

If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

Principle #2

More often than not, illegitimate
guilt and illegitimate shame
are the byproducts of

False **E**vidence **A**ppearing **R**eal

Principle #3

Illegitimate guilt and shame are barriers to living a full life in Christ.

1 John 3:21 - NLT

**Dear friends, if we don't feel guilty,
we can come to God with bold
confidence.**

1 John 3:21 - NIV

Dear friends, if our hearts do not condemn us, we have confidence before God.

1 John 3:22

And we will receive from him
whatever we ask because
we obey him and do the things
that please him.

Principle #3

Illegitimate guilt and shame are barriers to living a full life in Christ.

Principle #4

You will never be free to enjoy the sovereignty of God in your life so long as you are influenced by illegitimate guilt and shame.

Principle #5

Illegitimate guilt and shame are allowed to reign when we are more aware of our sin than we are of God's supernatural love, grace, mercy, kindness, and forgiveness.

Principle #6

Only a Christ centered community of little Christs can help you inspect all of your feelings of guilt and shame as you bring them to the cross of Jesus Christ.

Principle #7

**The only cure for illegitimate guilt
and illegitimate shame is the
gospel of Jesus Christ.**

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