

“Unloading Guilt and Shame”

Romans 7:15-8:3

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How to unload guilt, shame and condemnation:

I. Admit and confess our sinfulness (Romans 7:15-25).

“It seems rather that Paul is here describing the most spiritual and mature of Christians, who, the more they honestly measure themselves against God’s standards of righteousness the more they realize how much they fall short. The closer we get to God, the more we see our own sin. Thus it is immature, fleshly, and legalistic persons who tend to live under the illusion that they are spiritual and that they measure up well by God’s standards. The level of spiritual insight, brokenness, contrition, and humility that characterize the person depicted in Romans 7 are marks of a spiritual and mature believer, who before God has no trust in his own goodness and achievements.”

The MacArthur New Testament Commentary: Romans 1-8 by John MacArthur,
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“The commentator C.E.B. Cranfield observed, ‘The more seriously a Christian strives to live from grace and to submit to the discipline of the gospel, the more sensitive he becomes to...the fact that even his very best acts and activities are disfigured by the egotism which is still powerful within him—and no less evil because it is often more subtly disguised than formerly.’”

The MacArthur New Testament Commentary: Romans 1-8 by John MacArthur,
Copyright © 1991 by The Moody Bible Institute of Chicago, p. 383-384.

“If we claim to be without sin, we deceive ourselves and the truth is not in us.”

I John 1:8

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me.”

Psalms 51:1-3

**II. Accept and believe Jesus was our “sin offering”
(Romans 8:2-3).**

“Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.

We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.

He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth.

By oppression and judgment he was taken away. And who can speak of his descendants? For he was cut off from the land of the living; for the transgression of my people he was stricken.”

Isaiah 53:4-8

“God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

II Corinthians 5:21

“So Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him.”

Hebrews 9:28

**III. Stand on the truth that now there is no condemnation
for those in Christ Jesus (Romans 8:1).**

“Admit you’re unworthy and deserve to be condemned. But don’t stop there! Move on to rejoicing in the Savior who came to save the worst of sinners. Lay down the luggage of condemnation and kneel down in worship at the feet of Him who bore your sins. Cry tears of amazement.”

The Cross Centered Life by C.J. Mahaney,
Copyright ©2002 by Sovereign Grace Ministries, p. 44.