

Teen Topics

Dealing with Guilt

The Issue:

Have you ever felt guilty over something you have done and find yourself continually asking, "Why did I do that?" A sense of guilt can serve a good purpose, but in some cases it can produce ongoing pain and problems. The only proper way to deal with guilt is by understanding a correct perspective of our sin and grasping what God has done about it.

What does the Bible say?

Note what the Bible says is the cause of guilt:

- > **Ps. 53:3** – We "feel" guilty because we are guilty (of sin).
- > **I John 1:8** – We are all guilty, a recognition of that = guilt.

Note what the Bible says is the answer to removing guilt:

- > **Hosea 5:15** – Acknowledge and admit our sin, seek the Lord.
- > **I John 1:9** – Confession bring God's forgiveness and cleansing.

Note what the Bible says about moving past guilt:

- > **Rom. 4:6-8** – Recognize that the cross has removed our guilt.
- > **Eph. 4:22-24** – Remove sin that bring shame; pursue holiness.

What should I do?

A sense of guilt can bring overwhelming emotions, heavy hearts and even depression. A sense of guilt is not a bad thing in and of itself, for through it we see our need for the work of Christ on the cross. But for the believer who has been forgiven, ongoing guilt is a failure to understand what Christ has accomplished. The good news of the gospel is that our sins have been completely removed (**Ps. 103:12**). That fact should not leave us filled with misery over past failures, but filled with joy and peace in the victory of Christ (**Ps. 51:12**)!