

The Battle For The Mind: Guilt and Shame

2 Corinthians 10:3-5 - For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

The Difference Between Guilt And Shame

- Guilt says, “I did something bad.”
- Shame says, “I am something bad.”

Two Ways To React To Shame And Guilt

- Blame it on something else or find a way to justify it.
- Run from God’s forgiveness.

Genesis 3:1-13 - The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?” ² “Of course we may eat fruit from the trees in the garden,” the woman replied. ³ “It’s only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, ‘You must not eat it or even touch it; if you do, you will die.’” ⁴ “You won’t die!” the serpent replied to the woman. ⁵ “God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil.”

⁶ The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. ⁷ At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

⁸ When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. ⁹ Then the Lord God called to the man, “Where are you?” ¹⁰ He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.” ¹¹ “Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?” ¹² The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.” ¹³ Then the Lord God asked the woman, “What have you done?”

Psalm 51:1-17 - Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. ² Wash me clean from my guilt. Purify me from my sin. ³ For I recognize my rebellion; it haunts me day and night. ⁴ Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. ⁵ For I was born a sinner—yes, from the moment my mother conceived me. ⁶ But you desire honesty from the womb, teaching me wisdom even there.

⁷ Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. ⁸ Oh, give me back my joy again; you have broken me—now let me rejoice. ⁹ Don’t keep looking at my sins. Remove the stain of my guilt. ¹⁰ Create in me a clean heart, O God. Renew a loyal spirit within me. ¹¹ Do not banish me from your presence, and don’t take your Holy Spirit from me.

¹² Restore to me the joy of your salvation, and make me willing to obey you. ¹³ Then I will teach your ways to rebels, and they will return to you. ¹⁴ Forgive me for shedding blood, O God who saves; then I will joyfully sing of your forgiveness. ¹⁵ Unseal my lips, O Lord, that my mouth may praise you. ¹⁶ You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. ¹⁷ The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

The Positive Side Of Guilt And Shame

•Guilt and shame shows that we are a true child of God.

Hebrews 12:5-6 - And have you forgotten the encouraging words God spoke to you as his children? He said, “My child, don’t make light of the Lord’s discipline, and don’t give up when he corrects you. ⁶ For the Lord disciplines those he loves, and he punishes each one he accepts as his child.”

•Guilt and shame are marks of spiritual growth.

The more shame and guilt you feel when you sin, the more it shows that you care about how God sees you. It shows that your love for Him is getting stronger.

•Guilt and shame lead us to salvation.

Proverbs 28:13 - People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.