

WHY FEEL  
GUILTY?

PSALM 32:1-5

## Psalm 32:1-5

**1 Blessed is he whose transgression is forgiven, whose sin is covered.**

**2 Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile.**

**3 When I kept silence, my bones waxed old through my roaring all the day long.**

**4 For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.**

**5 I acknowledge my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.**

# Introduction

- A. The contrast - Released by forgiveness or bound by guilt**
- B. David's description of his guilt feelings**
- C. What is guilt?**
  - 1. "The state of one who has committed an offense especially a willful violation of a legal or moral code" – Merriam- Webster Dictionary**
  - 2. Willful violation of moral integrity should bring deep remorse**
  - 3. Guilt can be seen**

# **I. You May Feel Guilty Because You Are Guilty**

**A. David felt guilty because of his sins (vv 3-4)**

**B. We are all guilty before God**

**Romans 3:19**

**Now we know that what things soever the law saith, it saith to them who are under the law: that every mouth may be stopped, and all the world may become guilty before God.**

**James 2:10**

**For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.**

# **I. You May Feel Guilty Because You Are Guilty**

**C. We've been weighed and found guilty even when we think we are innocent**



**Job 31:6**

**Let me be weighed in an even balance that God may know mine integrity.**

**D. Guilt feelings can have a positive effect**

**Psalm 51:3**

**For I acknowledge my transgressions: and my sin is ever before me.**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**A. How David felt before confessing his sins and  
receiving forgiveness (vv 3-4)**

**1. He felt older than his years**

**2. He felt as though God was against him**

**3. He felt as though he was in a spiritual desert**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not  
accepted it**

**1. The Lord's invites us to be forgiven**

**Isaiah 1:16**

**Wash you, make you clean; put away the evil of your  
doings from before mine eyes; cease to do evil;**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not accepted it - continued**

**2. The Lord paid for our sins**

**Isaiah 53:5-6**

**5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.**

**6 All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.**



## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not accepted it - continued**

**3. The Lord guarantees forgiveness**

**Hebrews 7:25-28**

**25 Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them.**

**26 For such an high priest became us, who is holy, harmless, undefiled, separate from sinners, and made higher than the heavens;**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not accepted it - continued**

**3. The Lord guarantees forgiveness**

**Hebrews 7:25-28**

**27 Who needeth not daily, as those high priests, to offer up sacrifice, first for his own sins, and then for the people's: for this he did once, when he offered up himself.**

**28 For the law maketh men high priests which have infirmity; but the word of the oath, which was since the law, maketh the Son, who is consecrated for evermore.**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not  
accepted it - continued**

**3. The Lord guarantees forgiveness**

**Psalm 103:3**

**Who forgiveth all thine iniquities; who healeth all thy  
diseases;**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not  
accepted it - continued**

**4. Heaven celebrates forgiveness**

**Luke 15:7**

**I say unto you, that likewise joy shall be in heaven over  
one sinner that repenteth, more than over ninety and  
nine just persons, which need no repentance.**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**B. Forgiveness was available to David, but he had not accepted it - continued**

**4. Heaven celebrates forgiveness**

**Revelation 5:9-10**

**9 And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof: for thou wast slain, and hast redeemed us to God by thy blood out of every kindred, and tongue, and people, and nation;**  
**10 And hast made us unto our God kings and priests: and we shall reign on the earth.**

## **II. You May Feel Guilty Because You Have Not Been Forgiven**

**Our forgiveness depends on accepting God's  
gracious offer to sinners**

**Even grace does not force forgiveness on us**

# **III. You Can Be Free From Guilt By Accepting Forgiveness**

**A. David finally sought and found forgiveness (v 5)**

**B. Sins confessed are sins forgiven**

**1 John 1:9**

**If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.**

# **III. You Can Be Free From Guilt By Accepting Forgiveness**

**C. Sins forgiven are sins forgotten**

**Hebrews 8:12**

**For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.**

**Hebrews 10:17**

**And their sins and iniquities will I remember no more.**



**Why Remain A Prisoner Of Past Sins?**