

# The Struggle With Guilt

by Charles Stanley

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*Charles Stanley emphasizes the importance of distinguishing between guilt and conviction, and encourages listeners to break free from false guilt and exercise their freedom in Christ.*

**Scripture:** Psalm 32:5, Romans 8:1, Galatians 5:1, Hebrews 10:22, 1 John 1:5

**Topics:** "Guilt And Shame", "Freedom In Christ"

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## Description

Charles Stanley emphasizes the importance of distinguishing between godly conviction and harmful guilt in the Christian life. He explains that guilt, unlike conviction, can suffocate and render believers ineffective in their walk with God. Stanley urges listeners to recognize false guilt stemming from various sources and to instead embrace the freedom found in Christ by confessing sin, turning away from it, and allowing God to remove the burden of guilt.

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## Transcript

1 John 1:5-9

Many faithful believers struggle daily with the issue of guilt. Some may even believe that guilt is a vital part of the healthy Christian life. This is a dangerous fallacy that we must completely avoid.

The difficulty arises in part from a misconception about what guilt is. Basically, it is a sense of wrongdoing, an emotional conflict that arises from second thoughts about something we have done. What's more, guilt can be confused with godly "conviction." In order to understand the issue of guilt, we must learn the difference.

Conviction comes as the Holy Spirit makes us cognizant of the discrepancy between God's standards for living and our behavior. When we feel this conviction, we must name that sinful behavior, confess it to God, and turn away from it. At that moment, the issue is settled; God does not want us suffocating in a lingering cloud of guilt. He came to set us free!

Guilt, however, does not bring the freedom that comes through conviction. On the contrary, it works to strangle us and render us utterly useless to God. Does this sound familiar? Have you ever been so wracked with guilt that you were incapable of doing anything worthwhile? That's the effect of false guilt, which can derive from erroneous biblical teaching, criticism, a troubled upbringing, or low self-esteem. These are all tools of Satan, whose greatest desire is to make us ineffective.

Don't allow false guilt to control your life. You are free in Christ Jesus. Exercise that freedom today by allowing God to remove the crushing weight of guilt.

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