

# SUMMER BAGGAGE



Bridge City  
CHURCH

7/13/2025

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## PART II: GOODBYE GUILT

*The truth is that we've all failed. We've all sinned, made mistakes, and done things we know we shouldn't have done. And as a consequence of those mistakes, guilt comes—a burden that is invisible yet real, one that can become heavy, debilitating, and destructive if we don't face it correctly.*

### **WHAT MUST I DO TO LIVE FREE FROM GUILT?:**

#### **1. [CONFESS] AND [REPENT] OF MY SINS.**

**Psalm 32:3–5 (NLT).** *“When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. 5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, ‘I will confess my rebellion to the Lord.’ And you forgave me! All my guilt is gone.”*

**Confession is a gift.** It is the path God has given us to be cleansed, restored, and to live once again in freedom—free from guilt.

#### **2. [RECEIVE] AND [EMBRACE] GOD'S FORGIVENESS.**

Many believers take the first step: they confess their sin. But not all take the second: to fully receive and embrace God's forgiveness.

**Psalm 32:5 (NLT) (b).** *“I will confess my rebellion to the Lord, and you forgave me! All my guilt is gone.”*

**1 John 1:9 (NLT).** *“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”*

#### **3. [BELIEVE] WHAT GOD'S WORD SAYS—NOT YOUR FEELINGS OR EMOTIONS, NOR THE LIES OF THE ENEMY.**

- **Your emotions might say, “I’m still guilty.”**

But the Word of God says in **Psalm 103:12 (NLT)**: “He has removed our sins as far from us as the east is from the west.”

- **The enemy might whisper, “You are not worthy to be called a child of God.”**

But the Word says in **Psalms 103:13 (NLT)**: “The Lord is like a father to his children, tender and compassionate to those who fear him.”

#### 4. [FORGET] WHAT IS BEHIND AND MOVE FORWARD TO WHAT LIES AHEAD.

**Philippians 3:12–14 (NIV)**. *“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”*

- “Forgetting what is behind” doesn’t mean erasing it from your memory, but rather not allowing what you did yesterday to define who you are today.
- In other words: “That happened, I confessed it, God forgave me, and now I move forward.”

#### 5. [REMEMBER] WHO YOUR HEAVENLY FATHER IS.

**Luke 15:20 (NLT)**. ): — *Parable of the Prodigal Son* “So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him.”

The son came back with guilt, shame, and fear... but the Father ran to meet him, embraced him, restored him, and celebrated his return.

When we struggle with guilt, it’s easy to forget what God is truly like. That’s why we need to constantly remember:

- Our Father is tender, compassionate, and patient. (Psalm 103:13)
- His love doesn’t depend on our behavior, but on His character.
- He doesn’t receive us with punishment, but with open arms.

**Jesus didn’t die for you to live burdened by guilt, but so you could live in freedom, fullness, and victory.**



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