

**OVERWHELMED WITH LIFE: GUILT**  
**Psalm 32:1-11**

**Guilt. Ps. 32:5**

- **False** guilt: condemnation. John 3:16-17; 12:47; Rom. 8:1, 34; Rev. 12:10; Gen. 3:1-7; Matt. 4:1-11; John 10:10; 12:31; 14:30; 16:11
- **True** guilt: conviction. Ps. 32:5; 2 Cor. 7:10; John 16:8; Acts 9:1-9; 8:25-40; 2:37-41

**Effects of guilt. Ps. 32:3-4; 51:8, 10-12**

- **Physical**. Ps. 32:3-4; 51:8; 1 Sam. 17:34-36; Ps. 38:2-3; 39:10
- **Spiritual**. Ps. 51:10-12; 66:18; Prov. 28:13; 2 Cor. 10:3-5; Heb. 12:1-13; Rom. 3:23; 6:23; Gal. 5:16, 22-23; John 15:1-11; Phil. 4:4-9
- **Emotional**. Ps. 32:3-4; 51:8, 10-12; Phil. 4:4-9; 1 John 4:8-10, 19; John 3:16-17

**Defeating guilt. Ps. 32:1-11**

- Take ownership of your **sins**. Ps. 32:5; 2 Sam. 12:13; Ps. 51:3-4; Prov. 28:13; 1 John 1:9; Luke 18:9-13, 18-23
- Trust God to **forgive** you of your sins. Ps. 32:1-2, 5; 103:12; 1 John 1:7-9; John 1:29; 1 Pet. 2:24; Heb. 10:10-12; 9:22; 8:12; Is. 43:25; 44:22; Jer. 31:34
- Turn your cry of guilt to the **joy** of deliverance. Ps. 32:5, 7-8, 10
  - He washed **away** our guilt. Ps 32:5; Rom. 8:1, 34
  - He will **give** us His protection. Ps. 32:7; 31:20; 91:1; 9:9
  - He promises to **guide** our lives. Ps. 32:8; 37:25; 40:2; 66:9
  - He surrounds us with His **love**. Ps. 32:10; Jer. 31:3; John 3:16; 1 John 4:19