Notes on dealing with Failure and Guilt

- Sin brings guilt. Christ died for us when we were still sinners. He took it on Himself. (Is. 53:4-5)
- The Cross speaks of:
  - ✓ victory
  - ✓ Satan defeated
  - ✓ sin dealt with
- Pain is God-given. When you step on a nail you feel pain and withdraw your foot. When you sin and feel guilt go to the Cross and confess and receive forgiveness.

How to deal with guilt

- **Own up to it**
  - ✓ confess – speak it out specifically
  - ✓ recognise that Jesus has dealt with it
  - ✓ accept forgiveness
- **Feelings**
  Often the feelings associated with guilt bind us more than the guilt itself. We feel we are no good – dirty or unclean! Of no value! Shameful! Emotionally depressed.
- **Roots of sin**
  Sin is often dealt with at a superficial level only. This isn't enough. The roots are not exposed and dealt with. Roots include:
  - ✓ unmet needs or needs met in an illegitimate way
  - ✓ spiritual bondage or an open door for spiritual oppression
  - ✓ unbiblical behaviour patterns
  - ✓ repetitive and compulsive addiction – smoking, sexual addiction etc.
- **Restitution**
  Confess and seek forgiveness from the one you sinned against. Where possible, restore what was taken – material possessions, reputation etc.
- **Consequences**
  Sin does have consequences – i.e. immorality leading to a pregnancy. Consequences must be faced in God's strength, but He still overrules in His sovereign power in such circumstances – e.g. David and Bathsheba's relationship led to Solomon who succeeded David as king.

When you are sinned against

- Your person, reputation, body was violated! This has had an effect. It is vital to own the feelings of hurt, anger, betrayal, shame, humiliation, fear etc. – before it is possible to truly forgive.
- See God in the situation and realise that He understands. He was there!! Deal with the questions and struggles. Why did God let this happen? Where was He when I needed Him? Be honest and hear His voice.
- Release the person who sinned against you. Forgive him/her. Pray for his/her good.

Failure

There is a big difference between the two statements: **'I have failed'** and **'I am a failure'**.

- Achievement is very important to our sense of worth. But failure is a part of life on planet earth. How do you cope with failure? Does it destroy you or does it become a stepping stone to learning and change?
- Explore the attitude of your own culture, society and family to failure. What attitude have you learned and adopted? What is the pass/fail mark? If it is 90% or 100% then you will never do anything until you are absolutely sure.
- Fear of failure hinders us from doing what God expects. Fear of failure is a snare and leads to a cycle of fear. You become afraid of fear!
- Face the fear. Name it! Refuse to be bound by it. Be obedient. Let God's love be greater than the fear.
- God wants you to do the right thing even if you are fearful. Practice will begin to help remove the fear.