



Asking For A Friend

What Do I Do With My Guilt and Shame??

1 Peter 5:6-11

Week of January 31, 2020

Before Connect Group

- 1 Peter 5:6-11
- Watch the sermon by going to <http://switzerlandcommunitychurch.org>

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.

1 Peter 5:6-11, ESV

Sermon Notes

Cast your guilt and shame onto the lamb of God. He is the only one who can handle the weight.

There is a difference between the guilt that exists in the wake of a particular sin, and the guilt that exists as an ongoing battle within the lives of so many believers. The first is a guilt that is natural and even drives us to repentance before the Lord. The second one however is the most dangerous, it is guilt that wakes up with you and goes to bed with you. It is a guilt that has not been dealt with and is now a part of your life.

Psalm 51:1-6 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.

The goal of Guilt and shame produced by sin is to destroy you. For the non-believer, it is a prison that pulls you farther from coming to the faith. The world will convince you that God and all this moralism is what is "causing" the guilt you feel. However, it will become apparent as you live your life that all of these things are a part of a life away from the Lord.

For the believer, it desires to imprison you into the dungeon of non-God-glorifying life style. Making you ineffective in your joy filling obedience. Holding you in this place because you do not want to bring your guilt before Christ whom you claim to love. We, as believers, no longer identify as sinners but have been given a new identity in Jesus Christ.

Humble Yourself Under The Mighty Hand of God

- For the non-believer, this is a call to faith.
 - If you are here today and you are engaging this sermon, you know that there is a battle going on. You may not be able to describe it in detail, but you have lived enough life to know that the daily grind has led to the buildup of anxiety and strife.
 - Humble yourself this morning under the mighty hand of God.
 - *Matthew 11:25-30 At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. **Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.**"*
- For the believer, this is a call to good Theology.
 - Our anxiety and guilt that is a result of this war we are in, can only sustain to the extent that we do not understand who God is and His Gospel.
 - Humble yourself under the mighty hand of God.
 - Your God is all mighty.
 - *Revelation 4:8 And the four living creatures, each of them with six wings, are full of eyes all around and within, and day and night they never cease to say, "Holy, holy,*

holy, is the Lord God Almighty, who was and is and is to come!"

- Your God is a Merciful God.
 - We often live our lives as if we submit ourselves to the Lord for some sort of payment that he is going to take from our souls. This is a misunderstanding of two facts that our God is stable and unchanging. Unlike the God's of this world, those worshipped by Egypt in biblical times, or the God of Islam today, The Lord Almighty does not demand or need appeasement from creation. Though the cost of disobedience is judgment and condemnation, the consistent work of God is forgiveness and mercy throughout Biblical history.
 - *Deuteronomy 30:1-3* "And when all these things come upon you, the blessing and the curse, which I have set before you, and you call them to mind among all the nations where the LORD your God has driven you, and return to the LORD your God, you and your children, and obey his voice in all that I command you today, with all your heart and with all your soul, then the LORD your God will restore your fortunes and have mercy on you, and he will gather you again from all the peoples where the LORD your God has scattered you.
 - *Psalms 51:1* Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.
 - The true work of the Gospel is to take our shame and our guilt and bring them to the Lord so matter how flithfly knowing that God will forgive the sins of mankind, giving an inheritance to His people.
 - *Ephesians 2:4-10* But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— **and raised us up with him and seated us with him in the heavenly places in Christ Jesus**, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Cast Your Anxieties on Him

- *1 Peter 5:7* Casting all your anxieties on him, because he cares for you.
- The command to cast your anxieties upon Him is a command of Gospel provision in line with the atonement sacrifice of Israel.
 - *Leviticus 16:21-22* And Aaron shall lay both his hands on the head of the live goat, and confess over it all the iniquities of the people of Israel, and all their transgressions, all their sins. And he shall put them on the head of the goat and send it away into the wilderness by the hand of a man who is in readiness. The goat shall bear all their iniquities on itself to a remote area, and he shall let the goat go free in the wilderness.
 - Holding onto your sin and trying to "own" it is not an act of integrity, it is an act of foolishness.
 - This battle we are in is a losing battle without the grace of God's forgiveness.
 - There are some in here today that are aching from the fresh wounds of sin and shame. Your fall was recent, your pain is real and active. Don't hold onto it!
 - Cast your guilt and shame onto the lamb of God. He is the only one who can handle the weight.
 - The enemy is fighting this war with a nuclear arsenal against us, while we have hand guns and grenades. This was never going to be a fair fight!

- Instead of wallowing in the pain, will you celebrate with me this morning as your sin wanders far away into the wilderness by the One true sacrifice of Jesus Christ!
- Some of you are scared to show that scar from the horrific sin in your life. You have come to the conclusion that it is ugly and unacceptable to God or the covenant community. You need this same celebration this morning.
- The command to cast your anxieties upon Him is a command to find your protection and strength in His grace and Almighty hand.
 - *Psalm 61:1-4 Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the enemy. Let me dwell in your tent forever! Let me take refuge under the shelter of your wings! Selah*
 - *Proverbs 18:10 The name of the LORD is a strong tower; the righteous man runs into it and is safe.*

Resist The Enemy

- Without the first two commands in 1 Peter 5, this one is impossible.
- The two main commands of this text are (1) Be sober-minded, be watchful and (2) Resist him.
- This does not say that we will never sin again or that we will never be tempted again. Rather, what is unfolding is an ongoing pattern of provision by the abundant Grace of God.
- Resist Him, means to Humble yourself under His mighty hand. It means to cast your anxieties upon him. You will experience failure but Christ will never experience the sting of failure.
- The idea here is that without this ongoing cycle of love and grace, you will eventually quit resisting. You will begin justifying. You will begin accepting. You will begin getting angry at other people who are fighting and want to fight with you! You will slowly creep back under the sheets of depression and ineffective Christian living. You will ask everyone to try to understand your pain and to allow you remain there.
- Continue to wage war on sin and cast your cares on the Lord. Continue to resist the enemy by keeping in pursuit of the Lord.
- Please do not take this statement as a belittling or dismissing of real depression and emotional turmoil. On the contrary, I hope I have communicated clearly that I take the Nuclear weapons the enemy is using very seriously. I am simply asking that we do not forget the one who can both defend any attack and can defeat any enemy. As a matter of fact, it is already done!

What do you do with your guilt and shame? The blood of Christ's atonement is here. We can cast our guilt and our shame on the cross of Jesus Christ to never return to it again. Then, we can stand strong on the victory of Jesus Christ and continue to battle our sin in the victory that comes from identifying with Jesus Christ in His death, burial, and resurrection.

Connect Group Discussion Questions

- What are the three imperatives that you see in the text of 1 Peter 5? Which of them is the easiest for you to do? Which of them is the hardest for you to do?
- How does God balance the requirements of justice throughout history and our need for grace and forgiveness from our sins? How does this status change the standing of the person who have come to the Lord.
- What do you normally do when you feel spiritual guilt and spiritual shame? How does this compare with the imperatives in 1 Peter 5?
- Why is it important to humble ourselves before the Lord? Why is God deserving of our worship and us humbling ourselves before Him?
- In what ways does God protect His people? How does this relate to casting our cares on Him?
- What are some of the strategies you have found to resist the devil? What are some things you have found helpful in the process?

Challenge For The Week

The question of what we do with our guilt and shame find their answer rooted in the Gospel. For the believer, it is an invitation to respond to the work of Jesus Christ. To the non-believer, it is an invitation to begin a relationship with Jesus Christ.

- Spend some time to consider where you feel the most burdened with guilt and shame and take some time to cast those things on the Lord, nailing them to the cross.
- Pray for God to put people in your life who are