

# Guilt and Shame

Guilt – is doing wrong, Feelings of sinfulness, evil, wrongdoing and failure to measure up.

Shame - I am wrong, not enough, identity, I am bad

## Two Broad Categories

**1. Objective guilt:** Objective guilt occurs when a Divine law or civil standard has been broken and the lawbreaker is guilty even though he or she may not feel guilty. True or appropriate guilt is when the Holy Spirit convicts you.

**Constructive Sorrow or Godly Sorrow - II Cor. 7:8-10**

**2. Subjective guilt:** Subjective guilt is the feeling that occurs when we break our personal standard of right and wrong or a feeling of guilt when we haven't broken any legitimate standard. A feeling of regret, remorse, shame, self-condemnation that comes when we have done or thought something that we feel is wrong, or failed to do what we should have. False or inappropriate guilt is when we have not broken any moral, ethical or civil standard, or is an overreaction, or unforgiveness.

How to be free...

## Discern if this feeling is the result of true or false guilt.

-If it is the result of true guilt, confess our sins before God and receive His forgiveness and seek to make amends with those we have hurt if possible

-If we have not broken any civil or moral laws and are not being disobedient to the leading of the Holy Spirit, we are most likely struggling with false guilt feelings. Reject the feelings and claim the truth and set our minds on the truth.

-The Holy Spirit's Conviction

Specific

Always deals with a behavior, not the person

Always edifying and uplifting - initially may feel like condemnation

Leaves you with hope

-Satan's Accusations

Vague

Attacks our person-hood

Always downgrading

Always leaves without hope