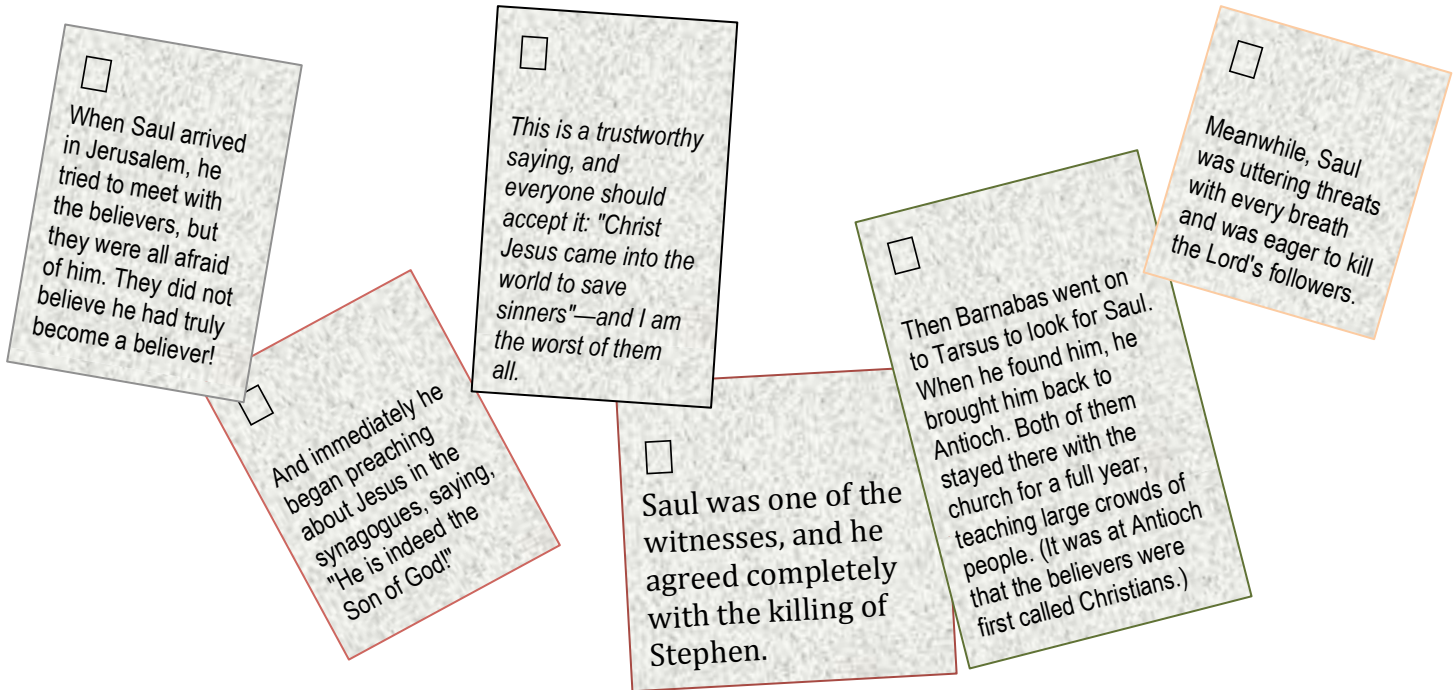


## Dealing With Shame, Guilt, and Regrets

"The Time Is Now" Series- Part 02

**Share/Connect time:** What is one thing that you used to believe that you don't believe now? How did you come to this change of beliefs?

**Let's put our heads together:** The pages below are from the Apostle Paul's (Saul) "*Scriptural*" scrapbook and they have been scattered out of order. Please number the pages (1-6) in their correct chronological occurrence as recorded in the New Testament.



If these are the only pages that you had, to review Paul's life, how would you feel about him?

If Paul reflected on these stages of his life, how might he feel? Is it reasonable for him to have any negative feelings concerning himself? In what way?

What would you say to a man who had been responsible for the death and hardship of many people, who also stated that he was the "worst of sinners"?

### **Book: Romans 8:28-39**

Rom 8:28 And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.

Rom 8:29 For God knew His people in advance, and He chose them to become like His Son, so that His Son would be the firstborn among many brothers and sisters.

Rom 8:30 And having chosen them, He called them to come to Him. And having called them, He gave them right standing with Himself. And having given them right standing, He gave them His glory.

Rom 8:31 What shall we say about such wonderful things as these? If God is for us, who can ever be against us?

Rom 8:32 Since He did not spare even His own Son but gave Him up for us all, won't He also give us everything else?

Rom 8:33 Who dares accuse us whom God has chosen for His own? No one—for God Himself has given us right standing with Himself.

Rom 8:34 Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and He is sitting in the place of honor at God's right hand, pleading for us.

Rom 8:35 Can anything ever separate us from Christ's love? Does it mean He no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?

Rom 8:36 (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.")

Rom 8:37 No, despite all these things, overwhelming victory is ours through Christ, who loved us.

Rom 8:38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.

Rom 8:39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

### Let's get into the Word:

According to Romans 8:28-30, what are some of the things that God desires for us? Make a list:

How does knowing that the above written list is God's design for your life help you to handle the hardships of life?

Paul asked two important questions in our text, so let's discuss them:

#### **First, "Who can accuse you"?**

It is common to feel shame and guilt when accusations of wrong doing come our way.

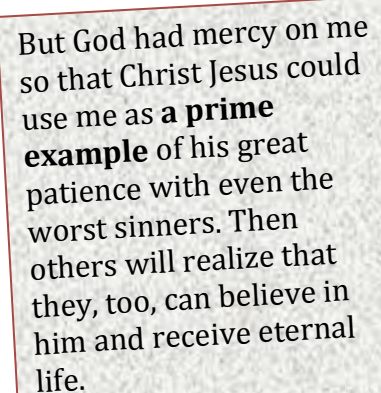
Someone says, "You are guilty!" Discuss the sources of accusations that are directed toward us and why do we give them a burdensome weight?

Which of the above scriptures can we use to give us an honest evaluation of our accuser?

How can a believer distinguish between true and false guilt? How should we deal with each of these?

#### **Second, "Who can condemn you"?**

Paul answers, "*No one!*" Using the evidence that is laid out in Romans 8:34-39, what would your line of defense be for acquittal instead of judgment?



But God had mercy on me so that Christ Jesus could use me as a **prime example** of his great patience with even the worst sinners. Then others will realize that they, too, can believe in him and receive eternal life.

Oops...found another scrapbook page →  
In what way might God be calling on you to be a "prime example"?