

## “How to Overcome Guilt” Psalm 32

Psalm 32 records the testimony of a man who suffered with \_\_\_\_\_. It provides an inside look at the \_\_\_\_\_ David felt because of sin and explains how he finally \_\_\_\_\_ the terrible problem of guilt.

### 1. The \_\_\_\_\_ of Guilt. 32:1-2

Why did David \_\_\_\_\_ guilty in the first place? It was because of his \_\_\_\_\_ and sin. There are 2 \_\_\_\_\_ of guilt:

A. \_\_\_\_\_. James 2:10, John 16:8 The \_\_\_\_\_ uses guilt as a warning that we need to \_\_\_\_\_.

B. \_\_\_\_\_. While conviction is based on the \_\_\_\_\_ of God; condemnation is based on our \_\_\_\_\_. Some people feel guilty because of false \_\_\_\_\_ they received from their parents or church. It is possible to feel guilty even though you are \_\_\_\_\_ guilty. It is also possible to do something that \_\_\_\_\_ God’s Word and then \_\_\_\_\_ it in your mind (1 Corinthians 4:4).

### 2. The \_\_\_\_\_ of Guilt. 32:3-4

A. Physical and Emotional \_\_\_\_\_. Psalm 32:3-4

B. Fear of Being \_\_\_\_\_ by God. Psalm 32:4

C. Condemnation Toward \_\_\_\_\_. Psalm 103:12, Isa 43:25

### 3. The \_\_\_\_\_ to Guilt. 32:5

The solution to guilt is to stop \_\_\_\_\_ your sin and to choose to \_\_\_\_\_ it. Confession means to \_\_\_\_\_ with God that what you did was wrong. Once God \_\_\_\_\_ you, there is \_\_\_\_\_ to feel guilty about (Romans 8:1).

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Covering Feel Turmoil Solution Forgives Conviction Justify  
Yourself Agree Nothing Condemnation Not Transgressions  
Word Shame Guilt Rejected Overcame Holy Spirit Feelings  
Teaching Violates Symptoms Confess Repent Types Source