

A  **CENTRAL** SERIES
ASSEMBLY

GRITTY SPIRITUALITY

2 CORINTHIANS

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GOOD GUILT, BAD GUILT

"Religion may be in retreat, but guilt
seems as powerfully present as ever...
There is sin but no formula for
redemption."

—DAVID BROOKS, NEW YORK TIMES

2 CORINTHIANS 7:5-9

⁵ For when we came into Macedonia, we had no rest, but we were harassed at every turn—conflicts on the outside, fears within. ⁶ But God, who comforts the downcast, comforted us by the coming of Titus...

2 CORINTHIANS 7:5-9

7 ...He told us about your longing for me, **your deep sorrow**, your ardent concern for me, so that my joy was greater than ever.

2 CORINTHIANS 7:5-9

⁸ Even if I caused you **sorrow** by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while—⁹ yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us.

¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

2 CORINTHIANS 7:10

GOOD GUILT

***Godly Sorrow* = Conviction**

GOOD GUILT

***Godly Sorrow* = Conviction**

BAD GUILT

***Worldly Sorrow* = Condemnation**

GOOD GUILT'S SAVING POWER:

**¹⁰ Godly sorrow brings repentance that
leads to salvation...**

2 CORINTHIANS 7:10A

GOOD GUILT'S SAVING POWER:

Conviction



Repentance



Salvation

2 CORINTHIANS 7:11,13A

¹¹ See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter... ¹³ By all this we are encouraged...

2 CORINTHIANS 7:1

¹ Therefore... dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

BAD GUILT'S DESTRUCTIVE POWER:

¹⁰ ...But worldly sorrow brings death.

2 CORINTHIANS 7:10B

BAD GUILT'S DESTRUCTIVE POWER:

Condemnation



Death

BAD GUILT'S DESTRUCTIVE POWER:

- **You feel hopeless**
- **You want to give up**
- **You never seem to measure up**
- **You are emotionally exhausted**
- **You are behaviorally paralyzed**
- **You are spiritually insecure**

WHY DOES BAD GUILT PERSIST?

WHY DOES BAD GUILT PERSIST?

- Incomplete Repentance
 - ▶ **No *sorrow* over sin**
 - ▶ **No *active follow-through***

WHY DOES BAD GUILT PERSIST?

- Personal Shame

- ▶ *Unworthy* ≠ *worthless*

- ▶ *Contrition* ≠ *self-hatred*

WHY DOES BAD GUILT PERSIST?

- Self-Righteousness

- ▶ *Disappointment with self rather than a delight in grace*
- ▶ *Self-condemnation that perpetuates self-fixation*

THE PROMISE OF A CLEAN CONSCIENCE...

HEBREWS 9:13-14

¹³ The blood of goats and bulls and the ashes of a heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean.

HEBREWS 9:13-14

¹⁴ How much more, then, will the **blood of Christ**, who through the eternal Spirit offered himself unblemished to God, **cleanse our consciences** from acts that lead to death, so that we may serve the living God!

I PETER 1:18-19

¹⁸ For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, ¹⁹ but with **the precious blood of Christ**, a lamb without blemish or defect.

I CORINTHIANS 11:23-24

²³ For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴ and when he had given thanks, he broke it and said, “**This is my body**, which is for you; do this in remembrance of me.”

I CORINTHIANS 11:25

25 In the same way, after supper he took the cup, saying, “This cup is **the new covenant in my blood**; do this, whenever you drink it, in remembrance of me.”

