

III. REQUEST THE **CLEANING** FROM SIN (51:16-19)

“He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.” Proverbs 28:13

A. Do not **cover** your sin.

“11 And He said, “Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?”

12 Then the man said, “The woman whom You gave to be with me, she gave me of the tree, and I ate.”

13 And the LORD God said to the woman, “What is this you have done?”

The woman said, “The serpent deceived me, and I ate.”

Genesis 3:11-13

B. Do **confess** your sin.

“3 For this is good and acceptable in the sight of God our Savior,

4 who desires all men to be saved and to come to the knowledge of the truth.

5 For there is one God and one Mediator between God and men, the Man Christ Jesus,

6 who gave Himself a ransom for all, to be testified in due time,”

I Timothy 2:3-6

“6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth.

7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

I John 1:6-9

ASK GOD TO USE THIS PSALM TO TURN YOUR SOUR EMOTIONS INTO SWEET EMOTIONS

“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”

James 5:13

SWEET EMOTIONS

Finding Forgiveness When You Feel Guilty

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INTRODUCTION

A. Emotions are both sour and sweet. The Bible shows you how to turn your sour emotions into sweet emotions.

“3 as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,

4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”

II Peter 1:3-4

B. How you feel will directly impact your quality of life. In this series, you will learn how to deal with how you feel.

May 12 Finding Strength When You Feel Overwhelmed

May 19 Finding Peace When You Feel Worried

May 26 Finding Connection When You Feel Alone

June 2 Finding Hope When You Feel Depressed

June 9 Finding Confidence When You Feel Afraid

June 16 Finding Control When You Feel Angry

TODAY Finding Forgiveness When You Feel Guilty

This series is based on the book of Psalms.

C. **Text:** Psalm 51:1-19 (Pew Bible/Page 545/Old Testament)

The background of this Psalm is II Samuel 11:1-5, 14-17.

HOW TO FIND FORGIVENESS WHEN YOU FEEL GUILTY

I. RESPECT THE **CAPABILITY** TO SIN (51:1a)

A. Who was **David** and what did he do?

“13 And Samuel said to Saul, “You have done foolishly. You have not kept the commandment of the LORD your God, which He commanded you. For now the LORD would have established your kingdom over Israel forever.

14 But now your kingdom shall not continue. The LORD has sought for Himself a man after His own heart, and the LORD has commanded him to be commander over His people, because you have not kept what the LORD commanded you.”

I Samuel 13:13-14

“And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, ‘I have found David the son of Jesse, a man after My own heart, who will do all My will.”

Acts 13:22

“26 When the wife of Uriah heard that Uriah her husband was dead, she mourned for her husband.

27 And when her mourning was over, David sent and brought her to his house, and she became his wife and bore him a son. But the thing that David had done displeased the LORD.”

II Samuel 11:26-27

B. Who are **you** and what can you do?

“Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Matthew 26:41

“18 For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find.

19 For the good that I will to do, I do not do; but the evil I will not to do, that I practice.

20 Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.

21 I find then a law, that evil is present with me, the one who wills to do good.”

Romans 7:18-21

II. RECOGNIZE THE **CONSEQUENCES** OF SIN (51:1b-15)

“Good understanding gains favor, But the way of the unfaithful is hard.”

Proverbs 13:15

Sin will cost you more than you want to pay.

Sin will keep you longer than you want to stay.

Sin will take you further than you want to stray.

A. Sin **soils** the soul (vs 1b-2)

B. Sin **saturates** the mind (vs 3-7)

C. Sin **sickens** the body (vs 8-9)

D. Sin **sours** the spirit (vs 10-12)

E. Sin **seals** the lips (vs 13-15)

Give the devil an inch and he will become your ruler.