

Living Guilt-Free



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No Condemnation

Romans 8:1-2

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

No other religion in the world offers this grace, for there is no other qualified savior except the Lord Jesus Christ.

Yet, many Christians still accept condemnation that they put on themselves or they allow others to put on them.

Romans 8:31 – 34 (J.B. Phillips New Testament)

In face of all this, what is there left to say? If God is for us, who can be against us? He who did not grudge his own Son but gave him up for us all – can we not trust such a God to give us, with him, everything else that we can need? Who would dare to accuse us, whom God has chosen? The judge himself has declared us free from sin. Who is in a position to condemn? Only Christ, and Christ died for us, Christ rose for us, Christ reigns in power for us, Christ prays for us!

Only Jesus can condemn you and he doesn't!

There's no forgiveness in condemnation; there's no hope in condemnation; there seems to be no escape from condemnation. It hangs over your head relentlessly. . . until you finally get it.

Galatians 5:1 (J.B. Phillips New Testament)

Plant your feet firmly therefore within the freedom that Christ has won for us, and do not let yourselves be caught again in the shackles of slavery.

The Circle of Freedom

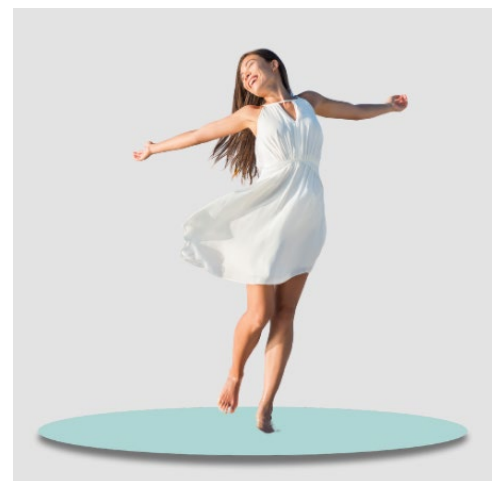
You must retrain your thought patterns and learn to quickly recall this truth about condemnation.

Hear Jesus saying to you, "Here, come plant your feet firmly in the freedom that I have won for you. This battle has been fought and I won it. Here, come here and stand in this freedom which is now yours."

Your responsibility and mine is to obey.

This is a mental activity—this standing firm in the freedom that Christ has won for us.

Therefore, we must learn to take those condemning thoughts captive and make them obedient to Christ.



Talk Back to the Devil

James 4:7:

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Talk back to the devil and repeat truth that can set you free. Truth like:

- Only Jesus can condemn me, and he doesn't.
- I will not be burdened again with a yoke of slavery to guilt or condemnation.
- Jesus came to set me free from this guilt, and I choose to be free.
- You might as well give up, Satan, because I refuse to let you condemn me.

Memorize Romans 8:1-2

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

Guilt and condemnation are arsenals that our enemy uses very successfully because we allow him to. We actually provide him with the ammunition he uses on us, when we keep remembering what has been forgiven. We fail to enjoy the forgiveness we have in Jesus!

Matthew 18:23 – 35:

Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

The servant fell on his knees before him. "Be patient with me," he begged, "and I will pay back everything." The servant's master took pity on him, canceled the debt and let him go.

But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. "Pay back what you owe me!" he demanded.

His fellow servant fell to his knees and begged him, "Be patient with me, and I will pay you back." But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened.

Then the master called the servant in. "You wicked servant," he said, "I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?" In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.

This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.

Can it be any less important for you and me to forgive ourselves than it is for us to forgive others? Is it any less sinful to hold a grudge against yourself, so to speak, than to hold grudges and unforgiveness in your heart toward others?

Colossians 3:13:

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Mary's Paraphrase

Bear with yourself and forgive yourself whatever grievance you may have against yourself. Forgive yourself as the Lord forgave you.

Who Condemns You?

There are two sources of condemnation:

1. Those we create and lay on ourselves
2. Those we accept from others

Are you guilty of laying condemnation on yourself?

- ☐ Yes
- ☐ No
- ☐ Sometimes

From whom have you been accepting condemnation—in the past or the present?

- ☐ A parent
- ☐ A sibling
- ☐ A child
- ☐ A boss
- ☐ A mate
- ☐ A friend
- ☐ Yourself
- ☐ Other _____

The good news is that you can choose to walk into that circle of freedom right now, today!

How to refuse to accept condemnation

If you recognize that you have been under self-condemnation, please **pray** something like this every day for at least a month:

Dear Lord, For too long I have wallowed in self-condemnation and refused to walk into the freedom that You died to give me. Please forgive me for not forgiving myself. Teach me how to bear with myself and forgive the grievances I have against myself, because You have forgiven me and I have no right not to forgive myself. I want to live in Your circle of freedom. Please help me to do that today. Amen.

Memorize Romans 8:1 and 2 and quote these verses every morning:

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set e free from the law of sin and death.

Determine that you will **talk back to the devil** when he tries to lay condemnation on you again.

Determine what you will say to him, using one of these suggestions or one of your own:

Only Jesus can condemn me, and he doesn't.
I will not be burdened again with a yoke of slavery to guilt or condemnation.
Jesus came to set me free from this guilt, and I choose to be free.
You might as well give up, Satan, because I refuse to let you condemn me.