

# Prison Break #1: Guilt-Free God

...make us feel worthless ...make us fearful of punishment ...make us afraid of rejection

## How to Be Free From Guilt towards God

### 1. \_\_\_\_\_ when you've blown it

#### a) Remember how God \_\_\_\_\_

**John 1:12** ...as many as received Him, to them He gave the right to become children of God, even to those who believe in His name ...

**John 8:35** Now a slave has no permanent place in the family, but a son belongs to it forever.

#### b) \_\_\_\_\_ what you've done

**Proverbs 28:13** He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

#### c) Thank God for \_\_\_\_\_

**Hebrews 10:14** ... by one sacrifice he has made **perfect** forever those who are being made holy.

**2 Corinthians 7:9-10** ... the pain caused you to repent and change your ways...For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

**Hebrews 8:12** ...I will forgive their wickedness and will remember their sins no more.

### 2. Replace \_\_\_\_\_

**Mark 12:30-31** Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

## Common Spiritual Practices

### **Disciplines of Abstinence**

solitude silence fasting frugality chastity  
secrecy sacrifice watching

### **Disciplines of Engagement**

study worship celebration service  
prayer fellowship confession submission

**Solitude.** Thomas Merton calls solitude the most basic of the disciplines, saying, "True solitude cleanses the soul." In solitude we discover the purpose of life is not simply to find techniques to be successful, but to laugh, to weep, to pray, and to know God.

**Silence.** One way to practice silence is to schedule a quiet day once a week—a fast from noise, in which we try to talk as little as possible. We can create a quiet environment by not listening to tapes or the radio while driving. During these days many of us realize how addicted to noise we have become.

**Confession.** We need someone with whom we can be honest— someone whose spirituality we respect, who can keep things confidential, offer unconditional acceptance, and be utterly truthful. Dietrich Bonhoeffer wrote, "Confession is the God-given remedy for self-deception and self-indulgence. When we confess our sins before a brother-Christian, we are mortifying the pride of the flesh and delivering it up to shame and death through Christ. Then through the word of absolution we rise as new men... Confession is thus a genuine part of the life of the saints, and one of the gifts of grace."

**Fasting.** The idea of fasting is foreign to some people, but once started, the act becomes progressively easier. Among other benefits, it can make us much more aware of how hurried we are. There seems to be a link between fasting and the ability to resist cravings for things besides food.

**Prayer.** Pray by telling God what you need, praying for the needs of others, confessing your sins and asking for forgiveness and thanking Him for who He is and what He's done.

**Bible Reading.** The Bible contains the words of God. By reading 4 chapters a day, you can read through the Bible in one year.