

The Abiding Word

Back To The Bible & Let The Bible Speak

April 15, 2020

Reflections No. 22

Father, hallowed be your name,
your kingdom come. Give us each
day our daily bread. Forgive us our
sins, for we also forgive everyone
who sins against us. And lead us
not into temptation.



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Luke 11:1-4 niv

Back To The Bible & Let The Bible Speak

GUIDE MY STEPS BY YOUR WORD,
SO I WILL NOT BE OVERCOME
BY ANY EVIL.



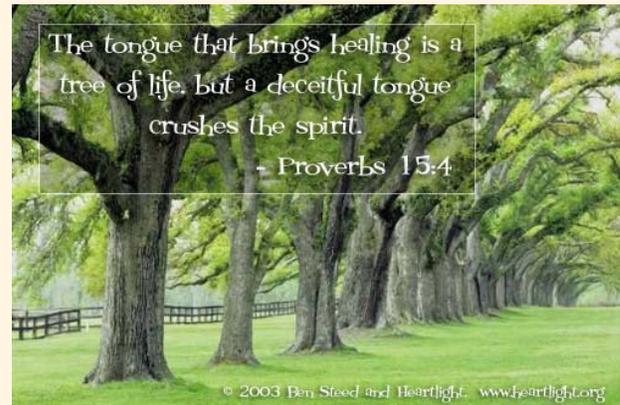
PSALM 119:133 NLT
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PROVERB FOR THE DAY

One of the key methods I have learned over the years for dealing with the everyday challenges that living throws my way is to meditate on the Word of God each day as I walk with God.

I have found that reading the Proverb for the day in the morning and reflecting on that Proverb and seeing how I can put it to action in my life as I go through the day has become a great faith builder and strength when trials and conflicts come my way.

Each day has its own Proverb and in one month I have applied all 31 Proverbs ready to do it again the next month. It really works, try it.



The tongue that brings healing is a
tree of life, but a deceitful tongue
crushes the spirit.
- Proverbs 15:4

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Dealing With Guilt!

At times I have found myself unnecessarily burdened down with guilt. Before I was a Christian I found it very difficult to deal with guilt. When I turned to God's word and understood the promises of hope, I learned what freedom there is from guilt in Christ Jesus.

This freedom is the result of walking in the light. This is a walk that is focused upon God and His principles of living as revealed in the Bible. As one given the promises of God, I can deal with my guilt today by:

- Acknowledging my guilt. This means, in Biblical terms, acknowledge I have sinned first against God. Guilt is not a result of a sickness, alienation, etc., but is a result of undealt with sin.
- Blaming no one but myself. Sin is a result of my own choice. I do not sin because of an outside environment. I am not held guilty of sin because of my parents, spouse, family, church, society or God. I am guilty of sin because I have chosen by my actions to sin. (James 4:17) Anyone, then, who knows the good he ought to do and doesn't do it, sins.(NIV)
- Confessing my sins. Unconfessed sins will hold a person's conscience in the prison of guilt and guilt can make a life miserable. But confession is the personal acceptance of the blame for our sins. This confession should first be made to God, seeking forgiveness. (1 John 1:6-10) If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.(NIV)

Once forgiveness from God is sought, we must understand that our actions sometimes affect others. Therefore, we should confess our sin to anyone wronged in sinning, asking them to forgive. This will release the burden of guilt from the heart and also allow forgiveness to be granted. God will be glorified!

(Matt 11:28-30) "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."(NIV)



An Invitation!



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