

When Guilt Overwhelms You Psalm 130

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The Psalmist reveals four steps believers go through in breaking free of guilt.

Step #1: CRY OUT TO GOD TO ADMIT OUR SIN AND SEEK HIS MERCY.

Out of the depths I cry to you, O LORD; ²O Lord, hear my voice. Let your ears be attentive to my cry for mercy. Psalm 130:1-2 (New International Version)

Whoever sins is guilty of breaking God's law, because sin is a breaking of the law.
1 John 3:4 (Good News Bible)

"The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, ⁷keeping steadfast love for thousands, forgiving iniquity and transgression and sin" Exodus 34:6b-7a (English Standard Version)

Step #2: FIND ASSURANCE OF FORGIVENESS.

If you, O LORD, kept a record of sins, O LORD, who could stand? ⁴But with you there is forgiveness; therefore you are feared. Psalm 130:3-4 (NIV)

Step #3: TAKE TIME TO EXPERIENCE YOUR FORGIVENESS.

I wait for the Lord, my soul waits, and in his word I put my hope. ⁶My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning. Psalm 130:5-6 (NIV)

Step #4: UNDERSTAND THE CERTAINTY OF YOUR REDEMPTION FROM SIN.

O Israel, put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption. He himself will redeem Israel from all their sins. Psalm 130:7-8 (NIV)