**Differentiating Between Guilt, Shame, and Regret**

2021 Pacific Northwest Biblical Counseling Conference

Kerry Heath

**GUILT**

**How is guilt defined?**

* 1. We experience guilt as an \_\_\_\_\_\_\_\_\_\_\_\_, but guilt is mostly about the \_\_\_\_\_\_\_\_ of our sin
* 2. John Street says guilt is “the fact of our culpability before God”
* 3. **Psalm 51:3-4** “*For I know my transgressions, and my sin is ever before*

*me. Against you, you only, have I sinned and done what is evil in your sight.”*

**How is guilt experienced?**

* 1. We rightly experience guilt when we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* 2. **1 John 3:4** *“Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.”*
* 3. If we don’t experience guilt, it’s an indication of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**The gospel offers – FORGIVENESS.**

* 1. God is your deliverer - forgiveness requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* 2. **Ezekiel 18:30** “*Repent and turn from all your transgressions, lest*

*iniquity be your ruin.”*

* 3. **Rev 2:16** “*Therefore repent. If not, I will come to you soon and*

*war against them with the sword of my mouth.”*

* 4. Repentance is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* 5. Guilt leaves a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ which is only washed clean by the blood of Jesus.
* 6. **1 John 1:9** “*If we confess our sins, he is faithful and just to forgive*

*us our sins and to cleanse us from all unrighteousness.”*

* 7**. Matt 11:28-30** *“Come to me, all who labor and are heavy laden, and I*

*will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

*The invitation is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_.*

*The gospel offers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*God is your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

**Shame**

**How is shame defined?**

* 1. SHAME is sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disgrace associated with the guilt of one’s own sin
  + 1. shame is rightly experienced when a person has sinned
    2. it promotes godly remorse because sin is disgraceful
* 2. SHAME is sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ condemnation, accompanied by a sense of stigma in response to suffering that has happened ***TO*** me, either because of being sinned against or as a consequence of living in a sin cursed world
  + 1. John Piper calls this kind of shame “misplaced shame”
    2. **Hebrews 12:2** *“looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame…”*

The example of Christ:

**How is shame experienced?**

* 1. With guilt the question is “what is my \_\_\_\_\_\_\_\_\_\_\_\_\_\_ standing”
  + - “will I be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?”
* 2. With shame the question is “what is my \_\_\_\_\_\_\_\_\_\_\_\_\_\_ standing”
  + - “will I be \_\_\_\_\_\_\_\_\_\_\_\_\_\_?” or “will I be vindicated?”
* 3. where guilt focuses on *what I did*, shame tends to focus on *who I am*

OT example: Adam and Eve

1. **Gen 2:25** *“the man and his wife were both naked and were not ashamed”*
2. **Gen 3:7a** *when sin entered, the very next verse says, “THEN the eyes of both were opened, and they KNEW they were naked. And they sewed fig leaved together and made themselves loincloths”*
3. **Gen 3:8** *“And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife HID THEMSELVES from the presence of the Lord God among the trees of the garden.”*

* Their instinct was to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Remember we said that shame asks “will I be accepted”
* The core response to shame is to \_\_\_\_\_\_\_\_\_\_\_ – to withdraw from relationship, to isolate
  1. No one could understand
* God’s response - “\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_?” I want to see you.

We use any number of things to hide:

* Performance or status – both intellectual or economic
* Substances – alcohol or drugs to escape
* Rage – shaming others in an effort to elevate self
* Perfectionism – as a way to compensate for feelings of inadequacy
* Turning to exhibitionist, narcissistic, or destructive behaviors – exaggerated desire for control
* Suicide – the ultimate act of hiding

The key difference between guilt and shame is that shame turns \_\_\_\_\_\_\_\_\_\_\_

* The internal dialog that, *when believed*, effects our \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Matt Chandler quote: “accusations get their power from belief”
* Hiding and running only reenforces shame

NT examples: Judas and Peter

1. Judas: **Matt 27:3-5** “*Then when Judas, his betrayer, saw that Jesus was condemned, he changed his mind and brought back the thirty pieces of silver to the chief priests and the elders, saying, “I have sinned by betraying innocent blood.” They said, “What is that to us? See to it yourself.” And throwing down the pieces of silver into the temple, he departed, and he went and hanged himself.”*
2. Peter**: Luke 22:61-62** *“And the Lord turned and looked at Peter. And Peter remembered the saying of the Lord, how he had said to him, “Before the rooster crows today, you will deny me three times.” And he went out and wept bitterly.”*

Contrasts of how they responded to guilt and shame:

* Judas acknowledged the wrong he had done but never turned from his sin in repentance and bears the shame of his deed forever
* Peter wept bitterly but later repented and was restored
* Judas’s legacy is that of a traitor, while Peter is known as the Rock rather than primarily as the denier of Christ
* Judas’s worldly sorrow produced \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Peter’s godly sorrow produced \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Judas turned away from God in shame
* Peter turned toward God in repentance

How Jesus responds to them: John 21:4-8

**The gospel offers – ACCEPTANCE**

* 1. God is my defender – acceptance requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* The Father responds to shame with pursuit, “where are you?” I want to see you, he pursues relationship
* Christ also responds to shame with pursuit –

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is pursuit
2. Heb 12:2b “he despised the shame” and is “seated at the right
   * + 1. hand of the throne of God”

* 2. The gospel offers **BOTH**
* forgiveness (the remedy for \_\_\_\_\_\_\_\_\_\_\_)
* **AND** acceptance (the remedy for \_\_\_\_\_\_\_\_\_\_\_)

1. **Ps 34:18** *“The Lord is near to the brokenhearted and saves the crushed in spirit.”*
2. The gospel corrects the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ distortions associated with shame, offering grace for disgrace
3. where the stigma of shame says you are nothing, inferior, invisible

*The invitation is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*

*The gospel offers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*

*God is your* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Regret**

**How is regret defined?**

* 1. FIRST, a regret that is kin to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 2. SECOND, a regret that is kin to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Both include the emotional experiences of sadness, grief, despondency

**How is regret experienced?**

* 1. Regret \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_. It is rehearsing the awareness of past sin, and past experiences of loss and disappointment.
* **2 Cor 7:10** “*For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”*
* Paul Tripp*: “The idle word, the impulsive choice, the wayward desire all cause regret.”, “regret is a longing that points us to our need.”*
* Bob Smith: “*I need the providence of God to orchestrate change in me.”*
* God doesn’t just **know** the beginning from the end, or **declare** the beginning from the end, Rev 22:13 says, “I am the Alpha and the Omega, the first and the last, **the beginning and the end**.”

**The gospel offers – ASSURANCE**

* 1. God is my redeemer – assurance requires \_\_\_\_\_\_\_\_\_\_\_
* 2. The gospel gives us the freedom to \_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_ the events that cause regret.
* Regret is not a denial of things that are painful or unfortunate
* Will we believe the enemy who is a liar, or will we believe Jesus who is your savior?

*The invitation is* \_\_\_\_\_\_\_\_\_\_\_ *him.*

*The gospel offers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_*.*

*God is your* \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Conclusions**:

* 1. Can you trust that the atonement really is the remedy for guilt of sin
* The gospel offers forgiveness for guilt– God is your deliverer
* 2. Can you trust that the blood of Christ is all the covering you need
* The gospel offers acceptance for shame – God is your defender
* 3. Can you trust the sovereignty of God – beginning to end
* The gospel offers assurance for regret – God is your redeemer

When we fail to believe scripture, we make \_\_\_\_\_\_\_\_\_\_\_ the arbiter of truth

**2 Cor 4:17** *“For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison.”*