

# EXCESS BAGGAGE

## *Laying Aside the Weight of Guilt, Romans 8:1*

### **What is Guilt?**

- Guilt is a feeling or emotion that we believe our actions, either real or imagined have violated a moral or personal standard
- These feelings can imprison where we feel we can never get past whatever it was we did
- We've been forgiven by God, but we are still having a hard time forgiving ourselves
- There are dangers of carrying guilt
  - Guilt hinders our spiritual progress
  - Guilt causes us to live in the past
  - The enemy will plant seeds of guilt against us
  - People may even use guilt to manipulate us
  - This kind of guilt is unhealthy spiritually and mentally
- How can we lay aside this burden of guilt?

### **Therefore.....**

**Romans 8:1 (KJV) *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.***

- Paul writing to the Christians in Rome in verse 1 he says, "**There is therefore...**"
- The first 7 chapters of Romans explain it all: God is a holy God, we are sinful, because of our sin, judgement is coming, but God sent a perfect sacrifice in Jesus Christ, who was crucified and rose again, and when we believe in Jesus we are made right by faith, we are made holy by faith
- Paul then sums up the message of God's love for us by saying, "**There is therefore now no condemnation to them which are in Christ Jesus**"
- That's the essence of who Jesus is and what He did for us

### **Now, There is No Condemnation**

**Romans 8:1 (KJV) *There is therefore now no condemnation...***

- Paul says *now* there is no condemnation
- In the OT animals were sacrificed to atone for sin
- On the cross, God condemned sin
  - Who's sin?
  - God put on Jesus the condemnation we deserved **Romans 5:6 (KJV) 6 For when we were yet without strength, in due time Christ died for the ungodly.**
- Finally, now, there is no condemnation because Jesus took on the wrath of God *for us!*
- We received the declaration from God's court: no condemnation!
  - We received it because Jesus bore the condemnation we deserved, and our identity is found in Jesus
  - And because Jesus is condemned no more, neither are we!

### **No Condemnation Because We're "in" Christ**

**Romans 8:1 *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.***

- God's word says there is no condemnation for those who are in Christ Jesus

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- Positionally, You have placed yourself completely in all that Jesus Christ is
- Jesus Christ lived, died, and arose, so to be in Christ means as a believer you live, die and arise in Christ
- Jesus is our Mediator in life, death, and resurrection
- We've identified ourselves with Christ
- To be in Christ means we walk and live in Christ day by day
- To be in Christ means we no longer walk or live by our carnal nature, but we walk after the Spirit
  - The Holy Spirit helps and guides us to live holy, righteous, and God-honoring lives in this present world
  - The Holy Spirit not only helps and guides our lives, but help us bear the fruit of the Spirit
- Being in Christ means we are connected to and we abide in Christ
- We believe that being in Christ, Jesus will take care of our past sins, handle our present welfare, and our eternity
- Being *in Christ* is not “an improvement” in our lives, it's a *transformation, a complete change, a total makeover*

#### **Why Do I Still Feel Guilty?**

**Romans 8:1** *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

- If being in Christ means there's no condemnation and I've been declared not guilty, then why do I still feel guilty?
- Most Christians are not experiencing the liberty of this passage because they need to know the difference between *guilt and conviction*
- Conviction (or positive guilt) is how the Holy Spirit points out sin in our lives and draws us to repentance **John 16:8 (KJV) 8 And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:**
  - Conviction is actually a 1<sup>st</sup> step to receiving the forgiveness of Jesus Christ, because you can't until you know something is wrong
- Guilt (negative guilt) is *not* from the Holy Spirit, it's from the devil
  - And because guilt and conviction can “appear” similar, the devil will use the moments of confusion to *weigh us down and wear us down* with guilt
  - If you don't understand the difference between guilt and conviction and our position in Christ, the devil will work to take advantage of your ignorance
- You can tell the difference between conviction and guilt by looking at the direction you're facing
- If you're looking to the cross, *it's conviction*; if you're running away and hiding, *it's guilt*
- The Bible is filled with people that laid aside the weight of guilt
- Not only were they freed from guilt of their past, but God also used them in a great way
- There's you and me, God has forgiven us, now let's forgive ourselves and watch God do great exploits through us!
- You no longer walking under a “cloud of guilt”, you walk now under *the blue skies of God's grace!*

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### No Condemnation Means Walking in the Spirit

Romans 8:1(KJV) **There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.**

- *No condemnation to them who are in Christ Jesus* is not only a statement that changed our lives the moment we accepted Jesus as our Lord and Savior; it also changes *how* we live our lives
- We enjoy living free of condemnation because we are living according to the Spirit and *not* according to the flesh
  - We are people who no longer walk or live by the dictates of our flesh
  - If we allow the flesh to reign over the Spirit, we'll find ourselves falling into some of our old sinful ways
- When we are in Christ, our lives are no longer guided by our flesh, but by the Holy Spirit
- The Holy Spirit dwells in you to encourage you to do and say the right things, convicting you when you do wrong, and leading you in the right direction
- When we are *walking* in the Spirit:
  - Our \_\_\_\_\_ will point to things that honor and glorify God
  - Our \_\_\_\_\_ will be on God's power and not our own
  - Our \_\_\_\_\_ will be always calling on God to do in us what we could never do alone
- Having the Holy Spirit does not mean you'll never sin, but it does mean that the Holy Spirit will *convict you of sin* and work to lead you to repentance **1 John 1:9 (KJV) 9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.**
- No condemnation means we're committed to living Spirit-directed lives

### The Joy of Laying Aside the Guilt

**Romans 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.**

- This passage is a statement of *deliverance*, your *position* in Christ, of your *spiritual freedom*, and that you're allowing the Holy Spirit to guide your life
- This is also a statement of *joy*
- The weight of guilt have been lifted off of you and laid aside
- Instead, there is acceptance by God, favor, and joy knowing that you are in Christ
  - You rejoice in knowing that Jesus called from a life of sin to be saved
  - You rejoice in knowing that the blood of Jesus covers your all sins
  - You rejoice because you know how to respond to the devil when he reminds of your past sins, **There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.**
- You may face have some trials, but there's no condemnation!
- **The circumstances of my life will not rob me of the joy of my salvation!**