

Freedom From Guilt and Shame



"I cling to Your testimonies; O Lord, do not put me to shame!" Psalm 119:31

Number 16 in the series "The Joy of Obeying God's Word"

Isaiah 50:7 reads, *"For the Lord GOD will help Me; therefore I will not be disgraced; therefore I have set My face like flint, and I know that I will not be ashamed."* Beloved, over and over again I have experienced GOD'S AMAZING GRACE fulfill this scripture in my life since I became a believer in 1976.

Growing up as an abused child in an alcoholic home and then getting involved in a lot of sin caused by my own choices, I lived with a great deal of guilt and shame for many years. As a young believer I remember reading this scripture and seeing God's promise to help me.

I also read Jeremiah 29:11 which reads, *"For I know the thoughts that I think towards you, says the Lord, thoughts of peace and not evil, to give you a future and a hope."* To me this was an incredible promise from God that I have seen Him fulfill over and over.

Freedom from guilt and shame started in my life when I accepted Christ's death on the cross as His payment for my sins and as I accepted His shed blood on the cross to cleanse, to forgive, and to set me free. Romans 6:23 told me that, *"...the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."* As I would daily read, pray, and obey the Bible, I experienced the weight of guilt and shame being broken in my life. The quicker I was to take responsibility for my sins and not blame-shift, feel sorry for myself, or make excuses because of

my abusive childhood, the quicker God set me free. Then, the more I saw the depth of my sin and Christ's love and mercy in forgiving me, the quicker I was to forgive my father for leaving before I was born and to forgive my mother for years of beatings and for allowing her different boyfriends to abuse me. I had the joy of praying for her when she put her trust in Christ as Savior.

The Holy Spirit empowered me to forgive each person who had sinned against me, and I experienced the evil power of hate, bitterness, anger, unforgiveness, and desire for revenge to be broken in my life. Day by day as I would read and obey God's Word, repent of my sins, and forgive those who had sinned against me, I experienced GOD'S AMAZING GRACE to forgive, deliver, cleanse, heal, set me free, and break the power of guilt and shame over my life. Then, day by day He opened doors for me to speak and teach His Word locally, and then internationally.

Please remember that only Jesus has the power to set you free from guilt and shame. As you repent of your sins and forgive those who have sinned against you, you will experience an incredible freedom. Unbeliever, I want to encourage you today to repent of your sin and surrender your life to Jesus Christ.

— Janice McBride

All scripture is taken from the New King James Version of the Bible.

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