

Come Close and Be Refreshed

Acts 3:19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord

Today's Main Idea: Guilt is not a place we are supposed to live in, stay in, or wallow in. God wants us to be free from living a life of ongoing guilt. Christ came to set us free. There is no condemnation for those who are in Christ. Instead, guilt can be a temporary reminder to turn away from destructive things and turn towards a God who loves us deeply and accepts us with open arms. May we always turn back to God and be refreshed.

Hebrews 10:19-22 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Healthy guilt and an unhealthy guilt

2 Corinthians 7:8-11 Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while— yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.

Repent

We are refreshed as we turn away from _____. Sin offers us life but, in the end, leaves us only with death.
Hebrews 6:1 ... repentance from acts that lead to death...

Romans 6:13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

We are refreshed as we turn to _____. We can always turn to Him because He is Kind and Gracious.

Romans 2:4 Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

Hebrews 4:16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

John 6:37 All those the Father gives me will come to me, [Jesus], and whoever comes to me I will never drive away.

1 Peter 3:18 For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

Jesus Cleans our sin so we don't have to feel guilty all the time

Hebrews 9:13-14 The blood of goats and bulls and the ashes of a heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean. How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!

1 John 3:5 But you know that he appeared so that he might take away our sins. And in him is no sin.

There is Value in Being Open (Confession)

1 John 1:7-10 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 is not in us.

James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Psalm 32:5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

Psalm 38:18 I confess my iniquity; I am troubled by my sin.

Proverbs 28:13 Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

Repentance (turning) is important

Luke 5:31-32 Jesus answered them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance."

Acts 5:29-32 Peter and the other apostles replied: "We must obey God rather than human beings! The God of our ancestors raised Jesus from the dead—whom you killed by hanging him on a cross. God exalted him to his own right hand as Prince and Savior that he might bring Israel to repentance and forgive their sins. We are witnesses of these things, and so is the Holy Spirit, whom God has given to those who obey him."

Mark 1:14-15 After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Luke 24:46b-47 "This is what is written: The Messiah will suffer and rise from the dead on the third day, and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem."

James 4:8-10 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.