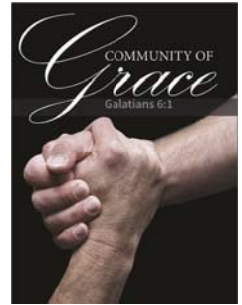


Grace Bible Church
2016 Biblical Counseling Conference
Track Two



Session #3

Overcoming the Guilt of a Sin-Filled Past – 2 Samuel 11-12

I. Your Counselee May Truly _____ and _____ God But Still be Stuck

II. People with a _____ of Knowing and Loving God Can Still _____ into Horrible Sin

I Corinthians 10:12 “Therefore let him who thinks he stands take heed lest he fall.”

The Message “Don’t be so naive and self-confident. You’re not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it’s useless. Cultivate God-confidence.”

A. Use Scripture to Show Your Counselee the _____ of Unrestrained Sin

2 Samuel 11:1-15 – David’s adultery with Bathsheba

B. Use Scripture to Show Your Counselee the _____ of Bible Characters

Hebrews 7:25 “Therefore He is able to save to the uttermost those who come to God through Him, since He ever lives to make intercession for them.”

III. Your Counselee Might be Living with the _____ & Guilt of _____ Sin

A. So what do you think David was thinking and feeling during that year?

We don’t have to guess. David probably wrote Psalm 32, 38, and 51 all during this period in his life.

Psalm 32:3-4 “When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer.”

Secret sin will _____ you and _____ you out! Secret sin will sap you and drain you like summer heat!

Psalm 38:3-8 “There is no soundness in my flesh because of Your anger, nor is there any health in my bones because of my sin. For my iniquities have gone over my head; like a heavy burden they are too heavy for me. My wounds are foul and festering because of my foolishness. I am troubled, I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation, and there is no soundness in my flesh. I am feeble and severely broken; I groan because of the turmoil of my heart.”

If you’re hiding and holding onto your sin you’ll start to fall apart emotionally, physically, and spiritually— it’ll eat you up like a cancer!

IV. Remind Your Counselee of the _____ and _____ that Can Only be Found in Confession & Forgiveness

Praise God He didn't leave David stuck in his sin! God went after David and praise God he'll come after you or your counselee! Your counselee may be coming to you because God's coming after them... life's getting hard... the pressure's building up... and they're looking for a way of escape.

Hebrews 12:5-6 "My son, do not despise the chastening of the LORD, nor be discouraged when you are rebuked by Him; for whom the Lord loves He chastens, and scourges every son whom He receives."

Proverbs 28:13 "He who covers his sin will not prosper, but whoever confesses and forsakes them will have mercy."

Jim Elliff's **Unrepenting Repenter** (free from his website) www.ccwtoday.org

A. Is your counselee confessing sin specifically? And are they confessing sin fully?

- Always ask "Is that all?" "Is there more?" "Is there anything else you want to confess?"

"Folks do not like to admit their faults, nor confess they are sinners. I am guilty on both counts. But the sooner we admit and confess, the quicker we can deal with our pride. The taxonomy of the problem looks like this. Premise: All folks are sinners. Upon further examination we find that sinners fall into two distinct classes, those who admit their sin, and those who don't. Those who admit themselves to be sinners fall into two more classes, those who do something about it, and those who do not. It is only those who deal with their soul's true dire need before God who may make progress out of their sin." Mike Renehan "Tabletalk" Magazine

All Men Are Sinners

2 categories



Those who _____ it

Those who _____

2 more categories



Those who _____ something
about it- make specific plans to repent

Those who make _____
to do anything about it

V. God Stands _____ to Forgive!

Psalm 86:5 "For you, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You."

God is more _____ to forgive than we are to _____.

It's really pride that keeps people clinging to their guilt – refusing to come to God – and saying they just can't forgive themselves when God stands ready to forgive.

A. Lovingly Point Out How _____ and _____ - _____ are What's Feeding the "I Just Can't Forgive Myself" Talk

Booklet "Forgiveness ~ I Just Can't Forgive Myself!, by Robert Jones

Nowhere does God tell us to forgive ourselves. We have neither the authority nor the power to do so, but we're commanded to receive God's forgiveness. And so to turn this around and to focus on forgiving ourselves is an incredible affront to what God has already done for us once and for all in His Son at the cross!

B. Don't be Afraid to Teach Doctrine to Your Counselee

Don't lose sight of the fact that Bible words or doctrine have big implications for our lives. All of our counseling rests on the foundation of solid Bible doctrine. Sometimes you have to stop and point out the foundation to your counselee.

I Timothy 4:13-16 "Till I come, give attention to reading, to exhortation, to doctrine... Meditate on these things; give yourself entirely to them, that your progress may be evident to all. Watch your life and doctrine closely..."

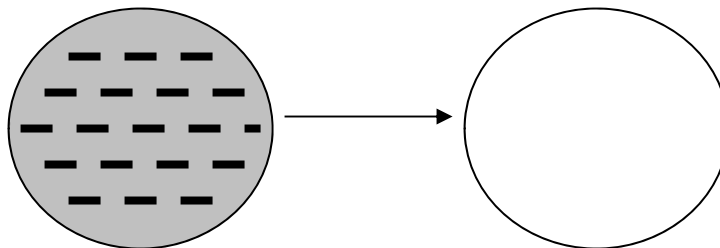
1. Most Christians are Weak in their Grasp of Justification

The verb 'Justify' is a word about what God has done. Our counselees are too often focusing on what they've done, and what they are working so hard now to do for God – and it's killing them!

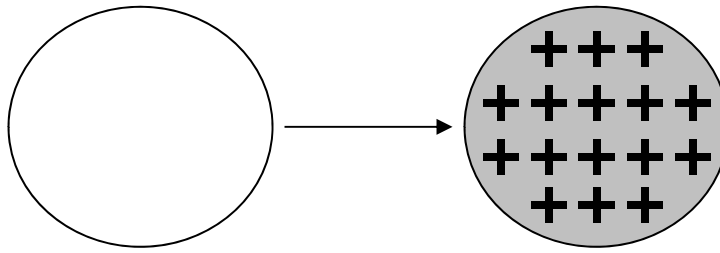
This great word 'Justify' shows up 39x in the NT... and 29 of them are crammed into the letters of Paul.

"Justification is God's act of remitting the sins of, and reckoning righteousness to, ungodly sinners freely, by His grace, through faith in Christ, on the ground, not of their own works, but of the representative righteousness and redemptive, propitiatory, substitutionary blood-shedding of Jesus Christ on their behalf." **God's Words**, J.I. Packer, p. 139

First Aspect of Justification: The first aspect of justification is where God declares that our sins are forgiven, cleared away, wiped out! So in a sense we would go from minus signs in our account to nothing at all... and that is good! That's a great start!



Second Aspect of Justification: But there's more. When God justifies us He also takes the righteousness of Christ's obedient life that perfectly kept the law and fulfilled all of God's demands – and applies that perfect, obedient righteousness to your account – as if you had lived the perfect life that Christ lived. So you could illustrate this now with plus signs indicating a righteousness that God applies to your account.



“You sometimes hears the popular explanation that *justified* means “just-as-if-I’d-never-sinned.” The definition is a clever play on words and contains an element of truth (for the justified person, like the person who has never sinned, has no penalty to pay for sin). But the definition is misleading in two other ways because #1 it mentions nothing about the fact that Christ’s righteousness is reckoned to my account when I am justified; to do this it would have to say also “just-as-if-I’d-lived-a-life-of-perfect-righteousness.” But more significantly, it cannot adequately represent the fact that I will *never* be in a state that is “just-as-if-I’d-never-sinned,” because I will *always* be conscious of the fact that I *have* sinned and that I am not an innocent person but a guilty person who has been forgiven. This is very different from “just as if I had never sinned”! Moreover, it is different from “just as if I had lived a life of perfect righteousness,” because I will forever know that I *have not* lived a life of perfect righteousness, but that Christ’s righteousness is given to me by God’s grace...

For all eternity I will remember that I am a forgiven *sinner*, and that my righteousness is not based on my own merit, but on the grace of God in the saving work of Jesus Christ. None of that rich teaching at the heart of the gospel will be understood by those who are encouraged to go through their lives thinking “justified” means “just-as-if-I’d-never-sinned.” *Systematic Theology*, Wayne Grudem, pg 727

2. Most Christians Have Failed to Apply the Implications of the Cross and Resurrection to their Lives

Milton Vincent *Gospel Primer*

Elyse Fitzpatrick, *Comforts from the Cross*

VI. God Delights in Using People with a Past!

Acts 13:21-22 “And afterward they asked for a king; so God gave them Saul the son of Kish, a man of the tribe of Benjamin, for forty years. And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, ‘I have found David the son of Jesse, a man after my own heart, who will do all My will.’”

Acts 13:36 “For David, after he had served the purpose of God in his own generation, fell asleep...died... and was buried with his fathers...”

That’s how God characterized David the adulterer – a man after His own heart who served the purpose of God in his own generation. Now, that’s grace!

A. And what about Bathsheba? Do we ever see her mentioned again in the Bible?

Matthew 1:6 “And Jesse begot David the king. David the king begot Solomon by her who had been the wife of Uriah.”

The Holy Spirit doesn't even call her by name! But instead it's almost as if He goes out of his way to remind us that this woman has a past – by calling her 'her who had been the wife of Uriah' and was part of one of the darkest moments in David's life – but God includes this woman to be part of the seed of redemption that brings us our Savior.

Luke 5:32 "I have not come to call the righteous but sinners to repentance."

Conclusion –

Psalm 103:10-12 "He has not dealt with us according to our sins, nor punished us according to our iniquities. For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us." Oh hallelujah!

