

Breaking the Power of Unresolved Guilt

Mark 6:14-29

- I. The Paranoia of Guilt (Mark 6:14-16)
 - A. Jesus' miracles caused speculation about who Jesus was (6:14-15; Malachi 4:5/Matthew 17:11-13).
 - B. Jesus' miracles caused paranoia in Herod (6:16).
- II. The Downward Spiral of Guilt (Mark 6:17-29)
 - A. Herod's sinful marriage led to John's arrest (6:17-20).
 - B. Herod's seduction by his stepdaughter's dancing led to John execution (6:21-29).

<p style="text-align: center;">The Power of Unresolved Guilt</p> <ol style="list-style-type: none">1. Unresolved guilt leads to bondage in relationships.2. Unresolved guilt makes us angry/grudges.3. Unresolved guilt leads to increasing sins.4. Unresolved guilt makes us powerless in our families.5. Unresolved guilt stops our spiritual progress.6. Unresolved guilt causes distress, regret and paranoia.
--

- III. Breaking the Power of Guilt
 - A. The Cross settles our guilt before God.
 1. Trust in Christ for eternal forgiveness of our sin (Acts 10:43).
 2. Confess our sin to God for continual cleansing through Christ (Psalm 32:5-6; 1 John 1:7-9).
 - B. Humility and Courage break the power of guilt with other people.
 1. Apologize to those we have hurt.
 2. Be honest and transparent about past mistakes.