

**Guilt, Shame, and  
Condemnation  
and Getting Free  
by Erica  
Jerminus**

So many of us feel guilty and shameful for our past and our past mistakes and failures. We feel weighed down with guilt, shame, and condemnation because of the things we have done in our past. We are ashamed of our past and past flaws and imperfections. We allow the past to determine our future. We allow our past sins to define who we are instead of allowing our Maker and Creator, Jesus Christ, to define us. We have allowed the enemy, Satan, to lie to us about ourselves and our past. Wherever the enemy tries to whisper lies in your ear, that is when you need to rebuke those lies and rebuke him. That is when we need to stand on the word of God and confess who we are in Christ.

There is good news for those who are in Christ Jesus. Romans 8:1 says, "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." John 3:17 says, "For God sent not his Son into the world to condemn the world; but that the world through him might be saved." So if you are a born-again child of God, then there is no condemnation, guilt, or shame for you. Why? Because you have been born of the Spirit of God, and you are now a new creation. You are working on putting the old sinful nature to death. It is not going to

be easy, but it is possible with the help of the Holy Spirit. Every day we die to ourselves and our old way of living. We become new in Christ. We become a new born-again believer when we accept Christ as our Lord and Savior and decide to walk with him daily.

When we truly confess our sins and repent of them, that is when we receive forgiveness. When we are still living in sin, we are not forgiven until we actually turn away from our sins with the help of the Holy Spirit. But after we have truly confessed and repented, our sins are remembered no more. God forgets them, and they are blotted out because of confession and repentance. So if we try to remind God of those sins from our past, he will not remember them because he has already forgiven you of them and forgotten them. God has cast our sins into the sea of forgetfulness. Micah 7:19 says, "He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea."

We sometimes feel guilt and shame for our past because we feel like God has not already forgiven us when we have repented. We feel like we still need to do something in order for God to forgive us. We feel like

we are not worthy enough, good enough, or not doing enough for the Lord. We feel like we have to do good works to earn God's grace, love, and favor. We feel like we have to try to earn our salvation. That is when the guilt and shame set in. We do not need to prove ourselves worthy to God. He already loves us and sent his Son Jesus Christ to die for our sins on the cross so that we could be saved from his just wrath and punishment.

Yes, we all deserve his punishment, but those who are in Christ and have been born again do not suffer God's wrath, punishment, or condemnation. It is the wicked or the ungodly who will take part in God's wrath and punishment. Whenever we sin against God, he disciplines us out of his love for us. Hebrews 12:6 says, "For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth." His discipline is so that we can take part in his holiness.

God's discipline is not to condemn us to hell or to punish us. God is not out to get us every time we do something wrong. But there are consequences to willful and habitual sinning. Romans 6:23 says, "For the wages of sin is death; but the gift of God is eternal life

through Jesus Christ our Lord.” That is why we need to daily confess our sins and repent of them so that we can receive mercy, forgiveness, and salvation. There is no salvation without repentance. They both go together.

If you have committed sins from your past, such as getting drunk and high and fornicating, but you have forsaken those sins, you can be sure that you are already forgiven. Your past has been redeemed. When you first come to Christ, your whole life changes. You become a new person and creation. The old you is behind you, including those past sins. So now you have a new life in Christ with new desires and ambitions. You can now testify of what Jesus Christ has delivered you from and what he has brought you through. Your testimony will help so many people struggling with the same sins you have struggled with from your past.

So whenever you feel guilty or shameful for your past and sins, that is when we can stand on God’s word and promises and confess them over ourselves and over our lives. We can submit ourselves to God, resist the devil, and he will flee from us. James 4:7 We can also bind and rebuke any kind of guilt, shame, or fear whenever it comes back up again. We may also need

deliverance and freedom from demons or evil spirits.  
So we can do a self-deliverance session over ourselves  
to get the freedom we need.