

## Can I Be Guilt Free?

The weight of guilt can bear down on the soul of the carrier and diminish the spirit so that one becomes unfruitful. We're all guilty of something at one time or another. *"There is none righteous, no, not one"* and *"all have sinned and fall short of the glory of God."* (Rom. 3:10, 23) It was guilt that caused the people of Acts 2 to be "cut to the heart" (Acts 2:37) and inquire about obedience to the gospel message. Guilt can cause a heavy heart and it is through the emotion of *"godly sorrow"* that a person will seek repentance (change) and turn toward God and His will. (2 Cor. 7:10)

In the act of gospel obedience, the past is washed away, leaving us to walk in a refreshing "newness of life" (Rom. 6:4) where our sins are remembered no more (Heb. 8:12). Romans 8:1 states, *"There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit."* Therefore, if one is not condemned, then one is free from guilt of the past infraction. However, we must remember, that we are never free to live sinfully just because of the blessing of God's grace (Rom. 6:1-2) and that we can willfully choose to return to the mud and mire of the world (2 Pet. 2:20-22) and when we do so *"there no longer remains a sacrifice for sins"* (Heb. 10:26). But as stated earlier, we no longer walk (live) according to physical desires but *"walk in the light as He is in the light,"* and where *"the blood of Jesus Christ His Son cleanses us from all sin."* (1 John 1:7)

Can I be guilt free? Can I forget the things of the past and press forward to the goal of eternity? (Phil. 3:13-14) Yes, I certainly can, because of the gift of God's grace received through faith in Christ (Eph. 2:4-10).

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