

**Overcoming Guilt, Shame  
And Rejection  
4427**

**I. The Cross Is The Place Of Healing**

- A. The one sacrifice of Jesus on the cross (Heb. 10:14)—Perfect, complete, forever
- B. Jesus: both priest and sacrifice—offered through the eternal Holy Spirit (Heb. 9:13)
- C. God’s message to me in my need:
  - 1. Consider the work of Calvary
    - a. Perfect in every respect
    - b. Perfect in every aspect
  - 2. Faith comes . . . by hearing the Word of God (Rom. 10:17)
  - 3. God’s Word is medicine for all our flesh (Prov. 4:20–22)
  - 4. Take medicine 3 times daily, after meals

**II. Three Emotional Needs**

- A. Guilt—“Conscience makes cowards of us all”
  - 1. Our iniquity—rebellion laid on Jesus (Is. 53:6; John 1:29)
  - 2. Confess and forsake sins to have mercy (Prov. 28:13)—no confession, no forgiveness (1 John 1:9)
  - 3. Isaiah 61:10—Clothed with the garments of salvation
  - 4. Covered with a robe of righteousness—not ours, but Christ’s
- B. Shame
  - 1. Often result of sexual abuse or being made fun of
  - 2. Jesus bore all our shame (Is. 50:5–6)
    - a. He *gave* His back and His beard
    - b. He did not hide His face from shame and spitting
  - 3. He was stripped naked (Matt. 27:27–31)
    - a. They spat on Him
    - b. They struck Him with reeds
    - c. Naked on the cross (Matt. 27:35)
  - 4. Endured the cross, despising the shame (Heb. 12:2)
  - 5. He bore our shame that we might share His glory (Heb. 12:10)
- C. Rejection
  - 1. Deepest wound of human spirit
  - 2. No. 1 sickness in the U.S. and worldwide
  - 3. Examples
    - a. A baby rejected in the womb
    - b. Not being loved or not having love expressed, i.e., not being affirmed
    - c. At school
    - d. Marriage breakup
    - e. Self-rejection, esp. women regarding their appearance
  - 4. Remedy
    - a. Jesus was totally rejected (Luke 23:13–24)
    - b. Rejection killed Jesus—God did not answer (Matt. 27:45–51)  
*But*, as a result of that, the curtain was split so we can have access to God
    - c. Jesus endured our rejection so that we could have his acceptance (Eph. 1:4–6)