

GO Sermon Series – Part 6

## “Go, and Sin No More”

Pastor Dale Campfield - December 12<sup>th</sup>, 2010

Intro:

**Matt 28:19** “Go and make disciples of all nations...”

**ECC Process of Discipleship: Making an IMPACT...To Love...To Grow...To Serve**

We have 3 priorities – To love...which is expressed in our Sunday morning celebration and connection groups. To grow...which is expressed in our Path to Discipleship. To serve...which is expressed in our daily lives in the places we live, work and play; as well as through the local church. The vision of E.C.C. is to gather together weekly for corporate worship, loving God and each other; then to come together in small Connection Groups for discipleship and fellowship, and are regularly involved in reaching out to others with the love, acceptance, and forgiveness of Jesus Christ through community outreach. To Love...To Grow...To Serve!

Intro:

We’ve stepped up, realizing the plan of God for our lives: The Great Commission and the Great Commandment; to love God and others, making disciples of all. We’ve learned how to STAND, against the enemy, making the decision to not bow. Now, it’s time to GO. It’s time to practice what we preach.

**Key Verse: Mark 16:15**

*He said to them, "Go into all the world and preach the good news to all creation."*

Two weeks we talked about “My Own Little World.” It’s so very easy to get caught up in our own little world, not seeing the lives and hearts of the people around us who are needing a touch from God. We see and feel our pain, not realizing that there are many around us who are experiencing their own pain. We live in our world of knowledge and often times look only at ourselves and not those around us; those who are directly in our own path of life. It’s time to get out of our own little world and see theirs! It’s time to get out of our comfort zones and Impact them!

**Last week: “Going the Second Mile”**

Has anyone ever done something for you that was totally above and beyond the call of duty? Has anyone surprised you with random acts of kindness that you felt you did not deserve?

**This Week: “Go, and Sin No More”**

## John 8:1-11

Catch this scene, it about a real story of a prostitute caught having sex with a married man. Over 2000 years ago, Jewish law stated that the consequence of adultery was literally being dragged out to the outskirts of the city and then getting stoned to death! Now on this particular day, the Jewish authorities caught an unfortunate woman, as news spreads, the crowd gets bigger and with it the stone throwing capacity greater! They decide to approach Jesus, a man known for his great teachings and miracles. They asked a question that seemed to want to catch him out. They looked for more justification for what their law stated they should do.

' Rabbi (master, teacher) this woman has been caught in the act of Adultery, the law says that she should be stoned to death for her actions, what do you say?' There is silence, the atmosphere tense and hefty stones, sweating in the palm of their hands. Their facial angry expressions of disgust. Jesus does something amazing, he just kneels to the ground and starts writing in the sand. They were right, he knew it, they knew it, but his answer is so much more amazing. ' If any of you has never sinned, cast the first stone!'

If you done nothing wrong before, go on, cast the first stone' and as his words echoed true to the bewildered crowd, they realized that they were as guilty as she was of committing an indecent act. One by one, each of the stones drop back to the dusty ground where it was meant to stay.

As they all turn around and walk away, this lady is left alone with Jesus. As she consciously cries, desperately realizing that she was just saved from becoming a corpse underneath a pile of stones. Jesus says' where are your accusers, sobbing to relief she answers ' there are none'. Then I will not accuse you either GO AND SIN NO MORE!

It could have seemed something so simple to say, but someone that was just about to die, realizing she was guilty and deserving the punishment of death and then in almost a state of shock and fear; scared and hopeless – she has someone there. Jesus came to save her life from a nasty ending. Her hero's words of ' Go, and sin no more, ringed true to her ears..Those words meant everything!. She was going to change her lifestyle, this sex with men option nearly cost her life, but more degrading was why she was doing it and what it was doing to her. She had lost her true identity, a almost scarce self esteem due to the physical and spiritual demolishing in her actions of being used again and again for sex. Not loved, but desired for all the wrong reasons. Seen as an object for sexual gratification and never as a 'woman' ..It must have been a real ugly, depressing and lonely time. And purposely, like a breath of fresh air, realization came, she was changed by the compassion of love and not sex. This meant she was valued, accepted and saved. Jesus had to say, Go, sin no more (it's like cold water waking you up) the Power of love changed her life. She was loved for who she was and this was what changed her...she was accepted, she was seen as a person who was valued. God saw her uniqueness and preciousness and she never felt so appreciated.

Many need some fresh water on their faces. Jesus is saying to you, I've saved your life, it cost me mine...PLEASE STOP, GO, SIN NO MORE. My friends, let's not displease the heart of God. Jesus didn't just come and die a cruel death for nothing; his purpose was for us to be free from the hand of the devil. He did it in a way that wasn't forceful...it's simple...if you want to live in liberty...then stop, take up your cross and follow me. Many were stopped in their stride. Jesus looked out for those that needed Him most. Remember little Zaccharias on the sycamore tree, Jesus felt his need as all the crowd were around him, ' He just looked up, ' Come down, Come down, today I'm going to stay at your place' as people moaned and complained that Jesus decided to be with a tax payer, Jesus just saw His need..That man changed by the power of his love. He had no friends, was hated and caused many people to go bankrupt and yet Jesus had to meet him so he could realize His Sin. 'Jesus, I will give back to the poor, and if I have defrauded anyone, I will pay them back 4 times over' wow, what a change!

Remember, if the devil reminds you of your past, remind him of his future.

Once we sin, we have a tendency to condemn ourselves over and over. It's hard to GO and sin no more when we find our path of the past riddled with sins. It's hard to feel worthy to Go. It's hard at times to feel like we can GO, due to the fact that we've messed up so much in the past.

Many of us have heard 100's if not 1,000's of messages in how we are to GO, but yet we don't GO. We miss it. We know that God has told us to GO and Make Disciples of All Nations; but yet we still haven't done what we're supposed to do. We feel guilty. We feel like we're losers. We stop going because of the past.

## **You can Go and Sin No More...**

**Guilt is a powerful tool that the enemy uses to keep us from GOING. God says, we can go!**

If we could somehow step on a scale today that measured the weight of our spiritual baggage, some of us would break the machine. So many people are groaning under the strain of the baggage in their spirits. That weight is called guilt. We all have it to some degree, and some are in the super heavyweight division. Your guilt is like a cancer eating you up on the inside, unless you do something about it. Some of you have become numb to the pain and energy your guilt causes you, and you have gotten used to dragging your stuff around, into every relationship, every challenge to try something new, and every chance to move forward with your life. Guilt holds you down, and guilt holds you back. It's kind of like wearing ankle weights; at first, you're keenly aware of the extra weight, but after awhile, you forget that you're wearing them, even though it slows you down. You just get used to the "new normal". There's a lot of guilt in this room today, and I promise I haven't been reading your e-mail; I just know that to be true because we're all human, and we all have done stuff to make us guilty. Boy, aren't you glad you came today to hear that? I bet that makes you feel really good about yourself.

Here's some very good news:

Therefore, there is now no condemnation for those who are in Christ Jesus, Romans 8:1 (NIV)

Webster's says this about condemnation: it means "to declare guilty, to inflict a penalty upon, to doom, to declare unfit for use." The Word of God says NO condemnation for those who are in Jesus, who have trusted Him to remove their sin and guilt.

Any time you read the word "therefore", you should ask yourself, "What's it there for?" the first seven chapters of Romans lay it all out: holy God, sinful man, coming wrath, perfect Savior, Jesus Christ crucified and risen, made right by faith, made holy by faith. Then Paul says, in view of all that- he sums up the message of God's love: "Therefore there is now no condemnation for those who are in Christ Jesus." That's the essence of who Jesus is and what He did. That's the central, foundational message of God's love to the world. This is the good news we announce. This is what we share, with the nations and the neighborhoods: No condemnation for those who are in Christ Jesus. How does that sound? I bet that sounds really good to those of us who are ridden with guilt.

## **There are two types of guilt that we deal with...**

Read Psalm 32:1-11

In recent survey in the UK 41% of people said that they would enjoy everyday pleasures more if they did not feel guilty afterwards. Isn't that amazing? 41% of the population feel guilt everyday about enjoying something. This morning I want to teach you what Scripture has to say about overcoming guilt. The first thing we need to understand is that there are things for which we should feel guilty and there are things for which we should not feel guilty. There are things for which we should feel guilty and take personal responsibility. However, there is false guilt where we carry the guilt of what other people have done. False guilt cripples us and the truth is that we carry what is not ours to carry. False guilt is not ours, it belongs to another and we need to recognize that and assign it appropriately. Guilt can have either a positive or negative effect in and on our lives. Positively it can bring us to take responsibility, seek forgiveness and experience freedom. Negatively it can cripple our relationship with God and with other people. Negatively guilt which is never dealt with destroys intimacy with God, intimacy in relationships, especially within a marriage relationship. Guilt can also be something which we experience constantly or intermittently in our lives. I would suggest to you this morning that if you are experiencing guilt constantly in your life then you really need to come and talk to someone and get it sorted or you will end up emotionally, mentally, physically and spiritually scarred. Guilt can lie dormant for years in our hearts and then all

of a sudden come to the surface, sometimes with such force that it feels like we are drowning. Guilt can be triggered years later by a memory, a meeting, and we need to have in place the Biblical understanding of how to deal with it when it does appear.

### **\*\*Helpful Guilt (CONVICTION)**

The conviction of our conscience over things we have done, or about to do, that God says we shouldn't. Guilt has its place, like pain, it is not pleasant but it is useful to indicate that something is wrong and needs to be fixed. One psychologist describes guilt as the red light on our internal dashboard. When the red light glows, you have a choice to make. Pull over, get out of the car, open the hood and see what's wrong; or you can smash the light with a hammer and keep driving. The first option leads to fixing the problem; it makes you aware of the broken water hose or the cracked radiator. The second option only relieves the symptoms, but leaves you stranded further down the road.

**Conviction says: RUN TO GOD.**

### **\*\*Harmful Guilt (CONDEMNATION)**

Psychological studies have shown that constant condemnation from false guilt can be counterproductive and rob a person from living effectively.

DEVIL'S personas: "The accuser of the brethren" who loves to remind God of the faults of His people. He reminds us too... "You're no good." "How could God ever forgive you for that!" You don't have to live under condemnation.

**Condemnation says: RUN AWAY FROM GOD.**

David said in...

#### **Psalm 32:3-5**

*"When I hold my guilt inside, I'm miserable."*

I saw a sign the other day: A clean engine produces more power. That's true in humans too. Sir Arthur Conan Doyle, the man who wrote Sherlock Holmes, once pulled a prank on twelve prominent Englishmen. He sent them an anonymous note that said, "All is found out. Flee at once." Within twenty-four hours, eight of those men had left the country. Guilt destroys your confidence.

**How do you Go, and Sin No More?**

## HOW TO GO AND SIN NO MORE

### 1. Accept God's Forgiveness.

You don't need to carry a load of guilt around.

**Romans 3:23-24** (Living Bible)

*"All of us have sinned and all fall short of God's ideal. Yet now God declares us 'not guilty' if we trust in Jesus Christ who, in his kindness, freely takes away our sins."*

That's the good news! That's the gospel. God wants to forgive you. Imagine a giant blackboard with all of your sins written across it and God comes along with a giant eraser and erases it all. It's like an etch-a-sketch. You turn it upside down and shake it, turn it back up and the slate is clean. That's good news, isn't it?

**Romans 8:11**

*"There is no condemnation for those in Christ Jesus."*

We accept God's forgiveness. All of you who are Christians know that intellectually. You know about God's forgiveness. But to feel it is something different so you have to go to step two.

### 2. Forgive Yourself.

God wants you to forgive yourself.

**Proverbs 4:25**

*"Look straight ahead with honest confidence and don't hang your head in shame."*

Have you ever committed a sin and asked God to forgive you, you know He's forgiven you but you still feel lousy? Have you ever felt that way? What do you do in that situation? Do you go back and ask Him to forgive you again? Confess it again, over and over? No. You only have to confess a sin one time and it's forgiven. But you may have to forgive yourself a hundred times and say it over and over, "God's forgiven me. It's over." You may have to say it a hundred times til finally it sinks in. Our problem is, we want to keep reminding God of things He's already forgotten. It's forgiven, forgotten. You've already dealt with it. Somebody asked Eleanor Roosevelt one time, "How did you accomplish so much with your life?" She said, "I never waste time with regrets." You accept God's forgiveness and you forgive yourself.

**2 Corinthians 5:17**

*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."*

### 3. Stop beating yourself up.

You know what they say; guilt is the gift that keeps on giving. We keep guiltling ourselves, and we make ourselves feel lousy. We condemn ourselves, and criticize and berate ourselves and say,

"I shouldn't have done that!" And we condemn and condemn ourselves. Instinctively we try to pay for our own guilt, but it just doesn't work; it backfires.

**Psalm 38:4** (NCV)

*"My guilt has overwhelmed me; like a load it weighs me down."*

There are a lot of forms of self-punishment. Illness is one- you can make yourself sick. Depression can be a form of self-inflicted punishment. You wallow in your pity until you can't get out. Maybe this is you- you setting ourselves up for failure, because you fell this is your just reward. Just ask a counselor how often they see that in dating relationships. Have you ever heard somebody say, "I don't deserve to succeed." That's saying, "I'm guilty, therefore I'll fail." The ultimate form of self-punishment is suicide. Suicide is now the number one killer of college students and the number two killer of high school students. Why? Because people feel condemned even at that young age.

**1 John 3:21**

*"If our heart does not condemn us, we have confidence before God."*

We have to begin by seeing that we can be our own worst enemy. **Beating yourself up doesn't fix your pain. It just reopens the wound.** Through Christ, we can find the relief we're looking for. We don't need to beat ourselves up. Jesus Christ was nailed to a cross so you could stop nailing yourself to a cross. Jesus Christ was crucified so you could stop crucifying yourself. Ask God to help you stop hurting yourself.

**4. Stop letting others beat you down.**

Is there some one person in your life that is keeping you stuck in your guilt? If you have someone like that in your life, you won't have to look far to find that person. It'll be someone close- chances are it's a parent, a sibling, a girlfriend or boyfriend, a spouse or ex-spouse.

You have the authority and the ability to end the misery. They may never change what they say or do to you, but you can change how you respond to them. Determine today that you will not let anyone steal what rightfully belongs to God- the determination of your value. Only God can say what you're worth, because He is your Creator, and He says you are His own.

**Romans 8:31**

*"If God be for us who can be against us."*

**1 Peter 1:19** (NLT)

*"He paid for you with the precious lifeblood of Christ, the sinless, spotless Lamb of God."*

God gave His best because you are worth it, regardless what anyone says. Who are they in comparison to the Almighty God? Don't give anyone permission to determine your worth. God demonstrated how much you are worth. He died on the cross for you. How dare anyone devalue you!

You can decide to let other's attacks roll right off of you. Tell yourself, "That won't work on me anymore. I will not give them the ability to do what only God can do. I will not let them make me feel I am inferior." Ask God to give you a strong mind and spirit to withstand people who attack you. Ask God to give you a new response.

"Nobody can make you feel inferior without your permission."  
Eleanor Roosevelt

"Sticks and stones will break my bones, but words will never hurt me."  
"Guilt and blame will try to shame, but Christ declares I'm worthy."

Maybe you're thinking, "I wish I could believe that. I feel so unworthy. I know what I've done."

## 5. Live Relaxed in God's Grace.

Realize that you don't have to be perfect for God to love you.

### **Psalm 119:96**

*"Nothing is perfect except God's word."*

If you live with a perfectionist, put that on your refrigerator door. Perfectionists try to prove this wrong. Grace is the only antidote for perfectionists. Nothing is perfect except God's word."

### **Psalm 103:13-14**

*"As a father is kind to his children, so the Lord is kind to those who honor him. He knows what we are made of. He remembers that we are dust."*

God understands you completely. He's fully aware of your humanity. He knows what makes you tick. He knows your faults, your fears, your foibles and your failures and frustrations and all those things. He knows you. He doesn't expect you to be Superman. He's like a father.

I have four kids. As you know, Cali is in heaven, she can fly! But the other three; all of them had to learn to walk. This was the process: They'd take a step, they'd stumble. They get up, they take two steps, and they stumble. They get up and fall back down without taking a step. They get up, they fall backwards. They get up and make a couple steps and fall again. What was my reaction, as a father, to that? Did I scold them? "What are you doing stumbling? You're a Campfield. Campfield's don't stumble! We have dignity. We don't stumble. Get up. You can do better than that." Of course not! How silly! But a lot of you think that's how God treats you. You think that every time you stumble, God says, "Get up! What are you doing, you dummy!"

You parents, do you love your children at every stage of their development or are you just waiting until they're mature to love them?

God loves you at every stage of your development so you don't have to have unresolved guilt and unrealistic expectations. There is nothing that you will ever do that will make God love you more

than He does right now. There is nothing that you will ever do that will make God love you less than He does right now. His love is unconditional. It's not based on what you do or don't do.

### **Romans 8:11**

*"There is no condemnation for those in Christ Jesus."*

Take note of "in". What's he mean by that? Let's say I take a card and write every single thing I'd ever done wrong on it (it wouldn't fit) -- all my sins, all my faults, all my mistakes, all the skeletons in the closet, all the shameful acts, thoughts, memories, temptations, etc. -- and I put it in the book and close it. You don't see it anymore. You see the book. It's in the book. It's still dirty. It's still got all that stuff on it. But that's the way God sees it.

When I come to Christ and say, "God, here's my life. Everything I've ever done wrong, every time I've ever made a mistake. All those stupid things I've done. I want to put my life in Jesus Christ." Jesus wraps me with His love and God looks at Jesus and sees that Jesus is perfect. He doesn't see my sin. That's what it means to relax in God's grace.

## **6. Eliminate Negative Self Talk.**

### **Proverbs 4:23**

*"Be careful how you think. Your life is shaped by your thoughts."*

Long before psychology came around, God said your thoughts determine your feelings and your feelings determine your actions. If you want to change your life you've got to control the way you think.

Our minds are really an amazing creation. It would take a computer the size of the Pentagon just to carry out the basic functions of your brain. Your brain contains over one hundred billion nerve cells. Each individual cell is connected with ten thousand other neurons.

You are constantly talking to yourself. All the time. Your mind is talking to yourself. You're talking to yourself right now. Research indicates that most people speak at a rate of 150 to 200 words per minute. The mind can listen to about 500-600 words a minute. But the average person only speaks 150-200. That's why you can listen to me and plan today's dinner at the same time. There's a boredom factor in there. We speak on average 150-200 words a minute, but our internal dialogue that we carry on with ourselves (self talk) we do at a rate of 1300 words per minute. How? Because our mind sees in pictures. And a picture is worth a thousand words. You can see a thought in a nano-second! You can communicate all kinds of things of yourself to yourself.

The problem is a lot of you are like Job.

### **Job 9:20**

*"Everything I say seems to condemn me."*

It puts me down. If you're typical, you are your own worst critic. Right? It is. You're always putting yourself down. If you walk into a room (like church, this morning) and you walk in

smiling, but inside you're saying, "I'm fluffy. (That's my bride's word for being heavy.) I'm dumb. I'm ugly. I'm stupid. And I'm always late. And I'm so uncoordinated, I might fall down those stairs. And I'd be a dummy!" ...You're laughing because it's true! Most of it is unconscious.

God wants you to stop putting yourself down. When you put yourself down, who are you really putting down? When you say, "I'm fluffy. I'm dumb. I'm ugly. I'm no good. I have no talent." You're really pointing to the creator who made you. When you say, "God, I'm worthless. I'm no good. I can't do anything" you're saying, "God, You blew it with me." That's why God says it's wrong to put yourself down.

**Proverbs 23:7**

*"As a man thinks in his heart, so is he."*

If you walk around all the time and say, "I am exhausted!" Guess what? "I'm so tired! I'm so sick! I am sick and tired of being sick and tired!" Guess what? You're sick and you're tired. If you walk around saying, "I am incompetent" then your body is going to act like it's incompetent.

How do you eliminate negative self talk so you can become a more confident person? It's the principle of replacement.

**Philippians 4:8**

*"Fix your thoughts on what is true and good and right and think about all you can thank God for and be glad about it."*

Don't think about what you don't want. Think about what you do want. Don't think about all those weaknesses in your life. What you focus on, you move toward. Focus on what you want to be, on what God wants to do in your life. I don't know any better antidote to low self esteem than to read God's word every day, study it, memorize it, meditate, learn it in your life. I can't tell you a better thing to help you raise your confidence level than to get in this book and start believing what God says about you. One man says this, "As I read through the Bible, chapter by chapter, I find a verse that speaks to me. I write it down on a card and look at it and memorize it and start affirming it back to God. 'I am valuable, I am significant, I am forgivable, I am capable.'" All those things.

**Conclusion:**

When you do that, your confidence will soar, you can GO and Sin No More...

You watch, you wait, you'll see.

**As you GO - Cancel your guilt trip! You don't need it anymore!**

Ps. 51:10 David's prayer after BethSheba

Here is a simple prayer that you can pray...

"Dear God, thank you that you love me no matter what I have ever done or failed to do. Please forgive all my sins and, Lord Jesus, please come into my heart and life to be my personal Lord and Savior. Please help me to forgive myself and overcome all false guilt and shame and help me never to shame others. Thank you for hearing and answering my prayer. Gratefully in Jesus' name, amen."