

# Pleasant View Proclaimer

Pleasant View church of Christ

## Guilt

April 30, 2017

Issue 310

Have you ever felt guilty for something you did? I know you have because you're a flawed, weak, sinful human being. We are prone to failure. And since we all have healthy memories and consciences, guilt often invades our current thoughts. For some, guilt is debilitating. For others, guilt is instructive. So, how should we handle guilt in a healthy, God-fearing, God-glorifying way?

(1). *Ask yourself, "Do I feel guilty because of something I actually did wrong, or because someone convinced me I did something wrong?"* In other words, be objective. If you sinned against God or someone else, acknowledge it. But there are times when

you might allow hyper-critical friends and family to convince you that you're always wrong. That's false guilt.

(2). *Makes amends.* We are not always capable of fixing past mistakes, but many times we are. Guilt will melt away if you find the humility to say, "I was wrong. How can I make it right?"

(3). *Don't let the mistake define your life.* It has been said many times: "You failed, but that doesn't mean you're a failure." Guilt can be so overwhelming at times that you think that you'll never do anything right again. Guilt often creates irrational

thoughts.

(4). *Study the Bible.* Sometimes guilt is debilitating emotionally because some have a flawed understanding of grace and forgiveness. They think that certain sins are beyond the grace and mercy of God. They believe there is no way salvation is available for someone who would do such a bad thing. But that's not true. God will save anyone who humbly comes to Him and obeys the gospel. Jesus' blood is powerful enough to wash away any sin.

Use guilt as a way to improve yourself. Don't let it ruin your faith.

James Hayes

Items of Note:

- Wes Hovis' grandmother passed away Thursday night. She had Alzheimer's for 5 years.
- Cody Krantz had the first of two surgeries on a mass on his skull last week.
- Thank you to all those who attended our singing Friday night.
- Also, thank you to those who helped clean the building yesterday morning.

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## This Morning's Sermon: "Hell" Building Fund Contribution Today

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: J. Buchanan

Pray: Brown

Morning Worship

Wait on the Table: Gupton

Serve: J. Demonbreum, J. Walker, Hovis

Pray: Billingsley

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Pleasant View church of Christ  
2500 Highway 49 East  
P.O. Box 189  
Pleasant View, TN 37146

Sunday School: 9:30  
A.M. Worship: 10:30  
P.M. Worship: 6:00  
Wednesday Bible Study: 7:00 pm  
Phone: 924-9714

Hebrews 10:23  
“Let us hold fast the  
confession of our hope  
without wavering, for He  
who promised is faithful.”

*The older brother, Ryan, was arguing with his brother about who could have the first pancake at breakfast. The boys' mother considered that to be a good opportunity to teach a lesson. “Boys,” she said, “If Jesus were here, he would let the other one have the first pancake.” Ryan looked at this brother and said, “You be Jesus.”*

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## Encouragement

The Bible commands us to be encouragers (Eph. 4:29). We need to seek ways to put courage in others. Joseph was so skilled in this practice that the apostles nicknamed him Barnabas, which means “Son of Encouragement” (Acts 4:36). I do not know many people today who are known for the encouragement they give others. Wouldn't it be great if that were your legacy? Let's think about some ways we can be better encouragers.

(1). *Be present.* Most times people do not want your solutions; they just want your presence. They want you to watch their son's baseball game. They want you to stop by the funeral visitation when their mother dies.

They want you to sit beside them during worship because no one else will. Just be there.

(2). *Celebrate their successes, however minor they might be.* If you hear that someone got a promotion or some other recognition, rejoice with them. That's biblical (Rom. 12:15). Remember birthdays and anniversaries. “I am proud of you” is a sentence that can lift someone's spirits for a long time.

(3). *Support their cause.* Every person is passionate about something. And some people are passionate about causes that are charitable and kingdom-building. Those causes require money to survive. You might not be

a rich person by comparison, but you still have some extra money that you can give that person to help their cause.

(4). *Be quick to compliment.* I am not talking about flattery, which is insincere and self-serving. I am talking about genuine compliments. Sincere compliments should never make the other person feel uncomfortable; they should make them feel special.

Endeavor to be a better encourager. The world needs you to be one. This world is dark and discouraging and bleak. We need to be bright lights for Jesus.

James Hayes

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