



The Grace Train

February 8, 2026

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Series: "The Grace Train" - Part 2

Message: "Grace Breaks the Grip of Guilt"

Text: James 2:10; 1 John 1:9

Big idea: God's grace does not just forgive our sin, it also breaks the grip of guilt.

What is guilt?

Guilt is an emotion, the inner feeling of sorrow, remorse, or distress that arises when we believe we have done something wrong or violated a moral standard.

2 kinds of guilt

1. _____ guilt

2. _____ guilt

God's plan for handling guilt

1. _____ my sin (Psalm 69:5).

My plan for handling guilt

A. I _____ it up (Genesis 3:6-7).

B. I _____ (Genesis 3:8-11).

C. I _____ (Genesis 3:12-13).

2. _____ God's character.

Psalm 103:8, 145:9; James 1:17; Job 12:13,

3. _____ God's forgiveness.

Isaiah 43:25, 44:22; Psalm 103:12; Hebrews 10:16-17; Acts 13:39;

Romans 8:1



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Sermon Resources

MY NEXT STEP TODAY IS TO:

- Identify where guilt has a hold of you and then confess your wrongdoings to God.
- Invite God's grace to do the work of removing the guilt so you can live the new life Jesus has for you.
- Memorize Romans 8:1.
- Trust and follow Jesus right now.