



How to Win Over Condemnation 1 Corinthians 13:4-13

“You will keep him in perfect peace  
whose mind is stayed on You.”

Isaiah 26:3

“If our heart does not condemn us,  
we have confidence before God.”

1 John 3:21

Condemnation is not from God.

Condemnation is defeating, leaves one hopeless.

Conviction is from the Lord.

Conviction is life giving, produces hope.

“It is best for you that I go away, because if I don't, the Advocate won't come. If I do go away, then I will send him to you. And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment.” John 16:7-8 (NLT)

Three Causes of Condemnation:

1. Unresolved guilt.

“When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord’—and you forgave the guilt of my sin.” Psalm 32:3-5 (NIV)

2. Unrealistic expectations.

“To all perfection I see a limit...” Psalm 119:96 (NIV)

3. Unappeasable people.

“If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law.”

Galatians 6:1-2 (MSG)

How to handle condemnation:

1. Accept God's forgiveness.

“All of us have sinned and fall short of God's ideal, yet now God declares us ‘not guilty’... if we trust in Jesus Christ, who in kindness freely takes away our sins.” Romans 3:23-24 (LB)

“For God did not send his Son into the world to condemn the world, but to save the world through him.” John 3:17 (NIV)

“There is now no condemnation for those who are in Christ Jesus.” Romans 8:1 (NIV)

2. Forgive yourself.

“Continue in him, so that when he appears we may be confident and unashamed before him at his coming.” 1 John 2:28

“Look straight ahead with honest confidence; don't hang your head in shame.” Proverbs 4:25 (GN)

3. Relax in God's grace.

“He does not punish us for all our sins; he does not deal harshly with us, as we deserve... 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.” Psalm 103:10 (NLT), 13-14 (GN)

“If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all our unrighteousness.” 1 John 1:8-9

(Jesus) “Come to me, all of you who are tired from carrying your heavy loads, and I will give you rest...The yoke I will give you is easy and the load I will put on you is light.”

Matthew 11:28-30 (GN)