

**Schedule of Meeting Times:**

WKAC 1080 AM Sunday 7:30 AM  
*Speaker, Robert Emerson*  
 Study Sunday 10:00 AM  
 Worship Sunday Morn 11:00 AM  
 Worship Sunday Eve 5:00 PM  
*Singing every 2<sup>nd</sup> Sunday evening*  
 Study Wednesday 7:00 PM

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*"...His own iniquities  
 will capture the  
 wicked, and he will  
 be held with the  
 cords of his sin."*

— Proverbs 5:22

**Servants during December / January:**

**Songleader:** Peter (26); Stanley (1/2),  
 Larry (1/9), David (1/16), Peter  
 (1/23), Stanley (1/30)

**Reading:** Larry; Robert (Jan)

**Announcements:** Stanley; Marty (Jan)

**Table:** David, Marty, Mike B, Mike M;  
 Larry, Peter, David, Stanley (Jan)

**Wednesday Lesson:** Larry (29), Stanley  
 (1/5), Kris (1/12), Larry (1/19),  
 Stanley (1/26)

**Area Meetings:** Gooch Lane, singing,  
 1/28, 7pm

**Hays Mill church of Christ**

21705 Hays Mill Road  
 Elkmont, AL 35620

# The Bible . Examiner

*"Examine everything carefully..." -1 Thessalonians 5:21 NASB*

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## Sin, Guilt and Depression Part I

*By David Padfield*

There can be no question that guilt is one of the great destroyers of the soul. Guilt, whether imagined or real, leads individuals on a downward spiral which will destroy their relationships in life and render them worthless in the kingdom of God. An individual with a guilty conscience often becomes bitter and lashes out to those who are trying to help.

Sin is at the root of the problem, for sin leads to guilt and depression, and sinful handling of sin further complicates matters leading to greater guilt and deeper depression. Proverbs 5:22 well describes this progression of sin, "His own iniquities entrap the wicked man, and he is caught in the cords of his sin." However, guilt can be a good thing when it brings one to a realization of one's sins.

**Sin, Guilt, and Depression**

We live in an age when most people blame the problems of the world on "sickness" by telling us, "We live in a sick society." When someone assassinates a national leader we hear,

"Our nation is sick." When a couple of teenagers walk into a high school with guns blazing and murder over a dozen people, we hear, "Society is to blame." The idea of "sickness" as the cause of personal problems removes all concept of personal human responsibility, and this is the crux of the problem! People no longer consider themselves responsible for what they do wrong!

The Bible never discusses the problems of the world as "sickness," but rather, it points out that sin is the real culprit, Rom 3:23; 6:23. By blaming the problems of the world on "sickness" we cause people to lose all hope, for there is no vaccine to cure the "sickness" of the world. However, when we point out that the problem of the world is "sin," we give people hope, for "Christ Jesus came into the world to save sinners."

**Psychological Crutches**

In dealing with the guilt that results from sin, the world often offers psychological crutches, but no cures. Freudian psychoanalysis turns out to be

an archeological expedition back into the past in which a search is made for others on whom to pin the blame for our own behavior. Freud called himself “a completely godless Jew” and a “hopeless pagan.” Freud did not make people irresponsible, but he provided a pseudo-scientific rationale for irresponsible people to justify themselves.

Rogerian psychology is based on humanistic thought, namely, that the solution to man’s problems lies within the man himself. Christians reject this viewpoint on the basis of its humanistic presuppositions alone—it begins with man and ends with man and asks us to accept the aberrant behavior of people without any sort of judgment. However, the Scriptures specifically command that we “judge with righteous judgment,” Jn 7:24. The main goal of Rogerian psychology is to make people feel good about themselves, regardless of their sins.

Skinnerian psychology believes in a view of behavior modification that says man is simply an animal and we must treat him as such. Skinner believed man to be nothing more than an animal and thus fails to see man as a being who was created in the image of God, Gen 1:27.

There are three main causes of depression, the first two being a chemical imbalance or a brain tumor. The third cause of depression is guilt, which is the result of unforgiven sins. If you have a medical problem then you need to see a medical doctor. However, if your depression is the result of sin, then you need Christ Jesus in your life!

#### ***Guilt is the Result of Sin***

The story of Cain illustrates the progression of sin, guilt and depression.

Cain began badly by giving a sinful offering, Gen 4:1-8. When God rejected the offering, Cain complicated the matter by responding wrongly to the rejection—he got angry and depressed—his face “fell.” God, who warned against the consequences of this improper response, noted Cain’s guilt, anger and depression.

God graciously said, “If you do well, will you not be accepted?” or, as one translation says, “If you do right, you will feel right.” God also warned Cain that failure to repent and offer the right kind of sacrifice would cause him to fall deeper into sin.

The clutches of sin, like a wild animal, was crouching at the door and waiting to devour him. God offered hope by saying that Cain could reverse the downward spiral of sin by breaking out of his sinful pattern through repentance and a subsequent change of behavior.

Cain failed to heed God’s words and fell deeper into the depths of sin just as God said he would. His downward spiral led him to murder Abel. Sin leads to guilt and depression—sinful handling of sin further complicates matters leading to greater guilt and deeper depression.

We can read of how Adam suffered from the depressing shame of a guilty conscience, Gen 3:1-13. The capacity for self-evaluation that God built into man activated painful inner sensations. Adam came to know good and evil by personal experience and his conscience accused him of sin. Adam decided to run; instead of running to God, he ran from Him.

When God called Adam out from among the trees of the Garden of Eden,

he emerged covered with fig leaves. Adam further complicated the matter by attempting to handle his guilt on his own rather than turning to God for the proper solution. Adam had committed a crime, had attempted a getaway, and was now trying to cover up. God pointed the finger of accusation directly at him. God confronted him and forced him to deal with the problem. Adam tried to shift the blame to Eve. Those who suffer from a guilt often try to do the same thing.


Ahab, king of Israel, was an exceedingly evil man, 1 Kings 16:29-33. Ahab took Jezebel as his wife and set up an altar for Baal. Elijah was a faithful prophet of God and spoke out against Ahab. When Ahab met Elijah, he accused Elijah of sin, 1 Kings 18:17,18. Sinners will often attack righteous people when their own sins are exposed.

Judas, one of the twelve apostles, Mt 10:4, was a man with a terrible burden of guilt. Judas was also a thief, for he carried the “money box” for the disciples and used to steal from it, Jn 12:4-6. Judas went to the chief priests and offered to betray Christ, Mt 26:14. Imagine how his conscience must have bothered him at the Last Supper, Mt 26:21-25. Later that evening, Judas betrayed Christ with a kiss, Mt 26:47-50. After Jesus was condemned Judas was remorseful, but his guilt caused him to take his own life,

Mt 27:1-5.

Even the apostle Peter was not immune from the guilt which accompanies sin, Mt 26:69-75. In spite of the fact he promised to die with the Lord, he denied him. He cursed and swore that he never knew Jesus. Later, his guilt caused him to go out and weep bitterly.

Herod and Herodias conspired to kill John the Baptist, Mk 6:17-28. John had said it was not lawful for Herod and Herodias to be married. Herod and Herodias both suffered from a guilty conscience. To soothe their conscience they decided to kill the messenger.

King David sinned by committing adultery with Bathsheba, 2 Sam 11:1-5. In covering up his sin, David had Uriah killed 2 Sam 11:14-21. When David realized his sin, he humbly repented, 2 Sam 12:1-15. Prior to forgiveness, David suffered from a guilty conscience. After David found the forgiveness of sins, he wrote: “Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no guile. When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer,” Psalms 32:1-4. 

*In Part 2 of this article, the author will go on to point out what guilt does to us, and how it is to be removed... kv*

## *Remember in Prayer*

Please remember **Pam and Buddy; Betty and Robert; and Cindy’s husband, Dwight. Cindy V** had carpal tunnel surgery Wednesday. Please continue to

pray for **Madelene Britnell, Carolyn Dennis, and Tim and Dot Hice, and Joyce Smith.** 