

## The Enemy Within

Luke 22 - Peter

*“Guilt says, ‘I owe you.’” It’s the result of having done something that we perceived is wrong in our mind or we know in our heart is clearly wrong to God. Perhaps of all the enemies within this one more than an other can paralyze us emotionally, cause us to act inappropriately, and despair spiritually. Thankfully God has the cure for guilt, it’s called grace.*

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How’s your **heart**?

Our heart hurts **most** those we **love** most.

- Psalm 38:4,10 - *My guilt has overwhelmed me like a burden too heavy to bear..My heart pounds, my strength fails me; even the light has gone from my eyes.*
- Luke 22:31-34 - *“Simon, Simon, Satan has asked to sift all of you as wheat. 32 But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.” 33 But he replied, “Lord, I am ready to go with you to prison and to death.” 34 Jesus answered, “I tell you, Peter, before the rooster crows today, you will deny three times that you know me.”*
- Luke 22:54-61 - *Peter followed at a distance. 55 And when some there had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. 56 A servant girl saw him seated there in the firelight. She looked closely at him and said, “This man was with him.” 57 But he denied it. “Woman, I don’t know him,” he said. 58 A little later someone else saw him and said, “You also are one of them.” “Man, I am not!” Peter replied. 59 About an hour later another asserted, “Certainly this fellow was with him, for he is a Galilean.” 60 Peter replied, “Man, I don’t know what you’re talking about!” Just as he was speaking, the rooster crowed. 61 The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: “Before the rooster crows today, you will disown me three times.” 62 And he went outside and wept bitterly.*
- John 21:15-17 - *15 When they had finished eating, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” “Yes, Lord,” he said, “you know that I love you.” Jesus said, “Feed my lambs.” 16 Again Jesus said, “Simon son of John, do you love me?” He answered, “Yes, Lord, you know that I love you.” Jesus said, “Take care of my sheep.” 17 The third time he said to him, “Simon son of John, do you love me?” Peter was hurt because Jesus asked him the third time, “Do you love me?” He said, “Lord, you know all things; you know that I love you.” Jesus said, “Feed my sheep.*

- 1 Peter 2:24,25 - *“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” 25 For “you were like sheep going astray,” but now you have returned to the Shepherd and Overseer of your souls.*

*Preacher’s notes: I can almost imagine the H.S. inspiring Peter to write these words...taking him back to the courtyard when he strayed, to the Easter appearance and the Feed my sheep conversation, and he didn’t remember his sin or epic failure. Instead he remembered his Savior. There is nothing that Peter could do that would make God love him more, or anything he had done that could make God love him less. He owned it...And the same is true for you and me...*

**Healthy Heart Habit #2**  
**Grace** is God’s remedy for **guilt**.

- Hebrews 10:22 - *Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

**Jerusalem** - **Holy Week**, **27 A.D.**

**Points to Ponder**

- 1) The Bible says that confession is good for the soul. When it comes to dealing with guilt specifically, why is that the case? Is confessing to God always enough to address our guilt? When might it be and when might it not be?
- 2) Think of a time when you didn’t confess a sin and held on to it - how did you feel (paralyzed, depressed, despair)?
- 3) Removing that worst day ever from your heart is hard, but even more important is to replace it with another date - Jerusalem 27 AD. Discuss what that day meant to Peter and put into your own words what that date means to you.
- 4) Reread 1 Peter 2:24,25. Peter knew the solution to Guilt was Grace. Think of 2-3 passages you want to commit to memory to help you when guilt rears it’s ugly head in your heart and life. Share what you picked and why you chose them with your spouse or life group.

***Homework: 1 Timothy 1***