

Dear friends:

Welcome to the fourth topic in the series Hope4HeavyHearts, a ministry dedicated to serving people by helping them to overcome the issues that weigh our hearts down and to foster the virtues that allow us to live in freedom, peace, and joy. We are glad you decided to join us on this journey.

This week's resources explore a Biblical perspective on why and how the very essence of the Christian faith is the path to freedom from guilt.

*Listen in on this podcast, where Andrew Ray sits down with Dr. David Powlison to respond to this question from a listener: "[How can Christ help me overcome my sinful past?](#)"*

While you listen, be thinking about...

1. How the Bible promises forgiveness for our transgressions, past, present, and future.
2. How God forgave and used very sinful people in the Bible to achieve His purposes. For example:
  - King David had a man killed because he desired his wife (2 Samuel chapter 11)
  - The apostle Paul merciless persecuted Christians before his conversion (Acts 8 chapter 2)Surely our sins are no worse than these!
3. How the errors of our past can make us useful to others.

David Powlison served as CCEF's executive director (2014-2019), as a faculty member, and as senior editor of the Journal of Biblical Counseling. He held a PhD from the University of Pennsylvania and an MDiv from Westminster Theological Seminary. David has written extensively on biblical counseling and on the relationship between faith and psychology.

Additional resources:

Book: [Feeling Guilty?](#) by Steve Brown. We would be happy to send you a complimentary copy of this book. Simply reply to this email with your mailing address to request one.

Our First Optional Gathering will be **Thursday April 22, 2021** at 7PM at The Reformed Presbyterian Church of North Hills, 606 Thompson Run Road, Pittsburgh PA 15237. Come for an opportunity to connect with other H4HH participants and discuss the topics. **NOTE! This is a change in the date!**

Be on the lookout for the next topic: Dealing With Anxiety

Legal Disclaimer: The material presented here is meant for personal encouragement and edification and is not a substitute for, nor does it replace seeking additional help, advice, diagnosis, or treatment. The Reformed Presbyterian Church of North Hills, the ministry of Hope4HeavyHearts, nor the individuals involved in the ministry or production of the lectures will not be liable for any wrong consequences that may come about as a result of reading or listening to these presentations.

This material may not be reproduced without the express written consent of the author(s).