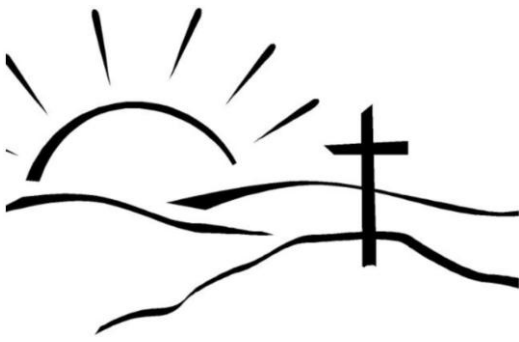




“Dan sal jou lig deurbreek soos die dageraad en jou genesing skielik uitspruit; en jou geregtigheid sal voor jou uit gaan, die heerlijkheid van die HERE jou agterhoede wees.”

8 June 2025

SWAARTEKRAG – SKULD(GEVOELENS) DEEL 2

Openingsvraag:

Wie of wat was jou gunsteling TV kinderprogram?

Skriflesing

1 Joh 3:20-23

1953

20want as ons hart ons veroordeel, God is meer as ons hart, en Hy weet alles.

21Geliefdes, as ons hart ons nie veroordeel nie, dan het ons vrymoedigheid teenoor God;

22en wat ons ook al bid, ontvang ons van Hom, omdat ons sy gebooie bewaar en doen wat welgevallig is voor Hom.

23En dit is sy gebod, dat ons in die Naam van sy Seun, Jesus Christus, moet glo en mekaar liefhê soos Hy ons 'n gebod gegee het.

AMP

20whenever our heart convicts us *[in guilt]*; for God is greater than our heart and He knows all things *[nothing is hidden from Him because we are in His hands]*.

21Beloved, if our heart does not convict us *[of guilt]*, we have confidence *[complete assurance and boldness]* before God;

22and we receive from Him whatever we ask because we *[carefully and consistently]* keep His commandments and do the things that are pleasing in His sight *[habitually seeking to follow His plan for us]*.

23This is His commandment, that we believe *[with personal faith and confident trust]* in the name of His Son Jesus Christ, and *[that we unselfishly]* love and seek the best for one another, just as He commanded us.

- *Die vyand weet van my swakpunt, maar God is groter as my skuldgevoel en Hy weet alles en Hy veroordeel ons nie en Hy kan ons hart verander.*
- *Ek het gefouteer en is gestraf, maar het steeds skuldgevoelens wat my ontnem my van my vrymoedigheid.*
- *Hoe vergewe ek myself?*

1. SKULDVRY!

Ex 4:1-8

1953

1TOE antwoord Moses en sê: Maar as hulle my nie glo en na my stem nie luister nie, maar sê: Die Here het nie aan jou verskyn nie?

2Daarop vra die Here vir hom: Wat is daar in jou hand? En hy antwoord: 'n Staf.

3En Hy sê: Gooi dit op die grond. Toe gooi hy dit op die grond, en dit het 'n slang geword; en Moses het daarvoor gevlug.

4Toe sê die Here vir Moses: Steek jou hand uit en gryp dit aan die stert. Hierop het hy sy hand uitgesteek en dit gegryp, en dit het 'n staf in sy hand geword —

5sodat hulle kan glo dat die Here, die God van hulle vaders, die God van Abraham, die God van Isak en die God van Jakob, aan jou verskyn het.

6En die Here het verder vir hom gesê: Steek tog jou hand in jou boesem. En hy het sy hand in sy boesem gestee; en toe hy dit uittrek, was sy hand melaats, soos sneeu!

7En Hy sê: Steek jou hand weer in jou boesem. En hy het sy hand weer in sy boesem gestee; en toe hy dit uit sy boesem uittrek, was dit weer soos sy ander vlees!

8En as hulle jou nie glo en aan die eerste teken geen gehoor gee nie, dan sal hulle die laaste teken glo.

AMP

1Then Moses answered *[the Lord]* and said, "What if they will not believe me or take seriously what I say? For they may say, 'The Lord has not appeared to you.'"

2And the Lord said to him, "What is that in your hand?" And he said, "A staff."

3Then He said, "Throw it on the ground." So Moses threw it on the ground, and it became a *[living]* serpent *[like the royal symbol on the crown of Pharaoh]*; and Moses ran from it.

4But the Lord said to Moses, "Reach out your hand and grasp it by the tail." So he reached out his hand and caught it, and it became a staff in his hand—

5*"You shall do this," said the Lord,* "so that the elders may believe that the Lord, the God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has *[most certainly]* appeared to you."

6The Lord also said to him, "Put your hand into your robe *[where it covers your chest]*." So he put his hand into his robe, and when he took it out, his hand was leprous, as white as snow.

7Then God said, "Put your hand into your robe again." So he put his hand back into his robe, and when he took it out, it was restored *[and was]* like the rest of his body.

8"If they will not believe you or pay attention to the evidence of the first sign, they may believe the evidence of the second sign.

- *Hoe voel dit om skuldvry te wees? Ons moet mekaar liefhê. Dis bevrydend om skuldvry te wees.*
- *Wat is in jou hand?*
- *Hoekom het Moses geskrik vir die slang? Op Farao se kroon was slang. Die slang het die duiwel verteenwoordig. Moses het geskrik vir homself toe die staf in slang verander. Mense is bang vir hulle eie verlede.*
- *Skuldgevoel:*

Spr 4:23

1953

Bewaak jou hart meer as alles wat bewaar moet word, want daaruit is die oorsprong van die lewe.

AMP

Watch over your heart with all diligence, For from it flow the springs of life.

- *Jou emosies en gevoelens is in jou hart.*
- *God is in beheer*
- *Jou lewe is die vrug van jou binneste. As jy wil leef met wysheid, vrede, en regte oordeel begin by jou hart. Hou dit suiwer, vol waarheid en God se leiding.*

Jer 17:8-10

1953

8Want hy sal wees soos 'n boom wat by die water geplant is en sy wortels uitskiet by die stroom en nie vrees as daar hitte kom nie, maar sy blad bly groen; en in 'n jaar van droogte is hy nie besorg nie en hou nie op om vrugte te dra nie.

9Bedrieglik is die hart bo alle dinge, ja, verdorwe is dit; wie kan dit ken?

10Ek, die Here, deursoek die hart, toets die niere, om aan elkeen te gee na sy weë, volgens die vrug van sy handeling.

AMP

8“For he will be *[nourished]* like a tree planted by the waters, That spreads out its roots by the river; And will not fear the heat when it comes; But its leaves will be green and moist. And it will not be anxious and concerned in a year of drought Nor stop bearing fruit.

9“The heart is deceitful above all things And it is extremely sick; Who can understand it fully and know its secret motives? *[Matt 13:15-17; Mark 7:21-23; Eph 4:20-24]*

10“I, the Lord, search and examine the mind, I test the heart, To give to each man according to his ways, According to the results of his deeds.

- *In balans met Spreuke 4:23: Jeremia sê: Wees versigtig vir jou hart – dit kan jou mislei. Spreuke sê: Bewaak jou hart – dit beïnvloed jou hele lewe.*
- *God is groter as jou hart.*

Joh 21:15-17

1953

15Toe hulle dan klaar was met die môre-ete, vra Jesus vir Simon Petrus: **Simon, seun van Jona, het jy My waarlik lief, meer as hulle hier?** Hy antwoord Hom: Ja, Here, U weet dat ek U liefhet. Hy sê vir hom: **Laat my lammers wei.**

16Hy vra hom weer die tweede maal: **Simon, seun van Jona, het jy My waarlik lief?** Hy antwoord Hom: Ja, Here, U weet dat ek U liefhet. Hy sê vir hom: **Pas my skape op.**

17Hy vra hom die derde maal: **Simon, seun van Jona, het jy My lief?** Petrus het bedroef geword, omdat Hy hom die derde maal vra: **Het jy My lief?** En hy antwoord Hom: Here, U weet alles, U weet dat ek U liefhet. Jesus sê vir hom: **Laat my skape wei.**

AMP

The Love Motivation

15So when they had finished breakfast, Jesus said to Simon Peter, “**Simon, son of John, do you love Me more than these** *[others do—with total commitment and devotion]?*” He said to Him, “Yes, Lord; You know that I love You *[with a deep, personal affection, as for a close friend]*.” Jesus said to him, “**Feed My lambs.**”

16Again He said to him a second time, “**Simon, son of John, do you love Me** *[with total commitment and devotion]?*” He said to Him, “Yes, Lord; You know that I love You *[with a deep, personal affection, as for a close friend]*.” Jesus said to him, “**Shepherd My sheep.**”

17He said to him the third time, “**Simon, son of John, do you love Me** *[with a deep, personal affection for Me, as for a close friend]?*” Peter was grieved that He asked him the third time, “Do you *[really]* love Me *[with a deep, personal affection, as for a close friend]?*” And he said to Him, “Lord, You know everything; You know that I love You *[with a deep, personal affection, as for a close friend]*.” Jesus said to him, “**Feed My sheep.**”

- *Petrus was moontlik baie bang toe Jesus hom gevra het om iets met hom te bespreek.*
- *Hoe oorwin hy skuldgevoelens? Kom in die teenwoordigheid van God en ervaar God se liefde. Jy is my geliefde kind! God veroordeel jou nie.*
- *Al wat vir God saakmaak is dat hy Hom liefhet soos Hy jou liefhet.*

Fil 3:14

1953

Maar een ding: ek vergeet die dinge wat agter is en strek my uit na wat voor is, en jaag na die doel om die prys te verkry van die hoë roeping van God in Christus Jesus.

AMP

I press on toward the goal to win the [heavenly] prize of the upward call of God in Christ Jesus.

- *Hoe het Paulus sy skuldgevoelens oorwin? Baie belangrike vers!! Lees hom stadig en doen dit!!*

Belofte

Miga 7:19

1953

Hy sal Hom weer oor ons ontferm, ons ongeregthede vertree; ja, U sal al hulle sondes in die dieptes van die see werp.

AMP

He shall again have compassion on us; He will subdue and tread underfoot our wickedness [destroying sin's power]. Yes, You will cast all our sins Into the depths of the sea. [Ps 103:12]

- *As God dit kan vergeet, wie is ek om dit teen myself te hou?*

*Vergeet die dinge wat agter is en
strek jou uit na wat voor is!!*