

Title: "Unconfessed Sin and Truth-Based Guilt"

July 6, 2026

Greetings all,

Just a quick note to let you know about another essay that I have just updated and re-posted from our kclehman.com website: "Unconfessed Sin as Clutter that Hinders Prayer for Emotional Healing, and Truth-based Guilt" (Available as free download from the "Kclehman Website Archives" section of the Resources page: <https://www.immanuelapproach.com/kclehman-com-website-archives/>).

I am including an excerpt as an appetizer:

II. Truth-based guilt

In many situations in which the recipient experiences guilt, we work with Jesus to find the roots and we end up in traumatic memories, with the guilt coming from false negative beliefs anchored in the trauma. For example, when a person is sexually abused they will sometimes feel pleasure during the abuse, even though they did not want or choose to participate in the activity. Sadly, the person being abused will then often come up with distorted, false conclusions regarding the meaning of this experience, such as, "I'm dirty and bad because I enjoyed it." And, not surprisingly, believing "I'm dirty and bad" will result in feeling guilt. In these situations Jesus resolves the guilt by healing the trauma.¹

In other situations in which the recipient experiences guilt, we work with Jesus to find the roots and we end up in memories where the person engaged in conscious, voluntary sinful behavior. For example, the person might go to a teenage memory in which he molested a younger sibling, and comment, "I'm just thinking how much I regret molesting my sister – how much I hurt her. There's no way I can undo the pain I caused. I feel so bad and guilty about what I did." Or the person might go to memories of yelling and swearing at his children as part of alcoholic drinking, and comment, "I'm thinking about how badly I hurt my children with my drinking – I feel so bad and guilty about how my selfish choices have affected their lives." In these situations, Jesus resolves the guilt by forgiving the recipient's sins.²

Whenever I work with recipients who are struggling with guilt, I reassure them that Immanuel Approach work can **always** resolve guilt: "No matter what we find, we'll be okay. If we find traumatic memories where you have guilt from trauma-anchored lies, Jesus will just heal that trauma and remove the lies. On the other hand, if we find memories where you have guilt because you did something wrong, you can

¹When recipients struggle with guilt that is coming from trauma-anchored lies, it is almost always (always?) tangled together with shame that is coming from lies anchored in the same trauma. That is, they will have "I **am** bad" shame tangled together with "I **did something** bad" guilt. The good news is that Jesus will resolve both as He resolves the trauma.

²When recipients struggle with truth-based guilt that is coming from sin that has not yet been confessed and forgiven, it is often tangled together with lie-based shame. That is, they will have "I **am** bad" lie-based shame tangled together with "I **did something** bad" truth-based guilt. This makes sense when you think about it – if you were the enemy and you noticed someone falling into sin, would you ever *not* try to hook shame lies into the memories around committing the sin? Again, the good news is that Jesus can both forgive the sin and heal the shame-lie trauma piece. But it's important to watch for shame lies associated with truth-based guilt so that you can make sure both get taken care of.

just ask Jesus for forgiveness. And if you're afraid that you've done something that's beyond forgiveness, I'll help you take that fear directly to Jesus. I'm one-hundred percent confident that He can convince you that His work on the cross is big enough for anything you've done."

The sample prayers at the end of this ministry aid are designed to help recipients resolve truth-based guilt by engaging with Jesus to receive forgiveness.

Blessings,

Dr. Lehman/Karl

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